

# GROCERY LIST

## MEATS

- 3 pounds boneless, skinless chicken or 3 2-pound rotisseries
- 1 pound shaved beef
- 1/2 pound ground Italian sausage
- 1 pound cooked, peeled, tail-off shrimp

## PRODUCE

- 1 large onion (or 2 small)
- 1 head garlic (2 if you like to add extra)
- 1 bunch spinach
- 2 green bell peppers
- 1 (8 ounce) package mushrooms
- 12 ounces broccoli florets (fresh or frozen)
- 3 jalapenos

## PANTRY

- 1 (32 ounce) container chicken broth
- Unsweetened almond milk
- Steak marinade
- Low-carb marinara

## COLD

- 2 (8 ounce) package cream cheese
- 2 (8 ounce) package shredded cheddar
- 1 (8 ounce) package sliced mozzarella
- 1 (8 ounce) package sliced provolone
- Grated parmesan
- Heavy cream
- Butter

### BONUS CANDY INGREDIENTS

- Sugar-free white chocolate chips
- Sugar-free salted caramel chips
- Roasted almonds
- Almond butter

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Chili powder, Cumin, Onion powder, Italian seasoning

**Misc:** Cooking spray, Olive oil

# WEEKLY MEAL PLAN

MON

## Jalapeno Popper Chicken Skillet

Makes 6 servings;  
2.9 net carbs each

TUE

## Steak & Cheese Skillet

Makes 6 servings;  
3.4 net carbs each

WED

## Broccoli Cheddar Soup with Chicken

Makes 8 servings;  
4.3 net carbs per bowl

THU

## Keto Shrimp Alfredo

Makes 4 servings;  
2 net carbs each

FRI

## Keto Ravioli

Makes 4 servings (4 ravioli each);  
1.3 net carbs per serving

S / S

### Bonus Recipe:

## Chocolate Almond Crock Pot Candy

Makes 60 pieces;  
2.5 net carbs each

## NOTES