

GROCERY LIST

MEATS

- 3 1/2-4 pounds boneless, skinless chicken
- 1 package bacon
- 2 pounds ground Italian sausage
- 2.5 pound cooked, peeled, tail-off shrimp

PRODUCE

- 2 heads broccoli
- 2 heads garlic
- 2 white or sweet onions
- 2 jalapenos
- 2 bunches kale
- 1/2 pound turnips

BONUS CHAFFLE INGREDIENTS

- 1 bunch green onions

You should have enough cheese, eggs, bacon, and almond flour for at least 1 batch.

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Garlic powder, Onion powder, Paprika, Italian seasoning, Chili powder, Oregano, Cumin

Misc: Cooking spray, Olive oil

PANTRY

- 1 (32 ounce) container chicken broth
- 1 (32 ounce) container beef broth
- Unsweetened almond milk
- Pork rinds
- Almond flour
- Tomato paste
- Low-carb tortillas
- Mayonnaise
- Low-carb marinara

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar
- 1 (8 ounce) package shredded mozzarella
- 1 (8 ounce) package grated parmesan
- Eggs
- 1 pint Heavy cream
- Butter

WEEKLY MEAL PLAN

MON

Keto Broccoli Cheddar Chicken

Makes 4 servings;
6.6 net carbs each

TUE

Instant Pot Zuppa Toscana

Makes 6 servings;
6.4 net carbs each

WED

Keto Chicken Parmesan

Makes 4 servings;
5.1 net carbs per bowl

THU

Instant Pot Tacos

Makes 6 servings (2 Mission Carb Balance
tacos each);
10 net carbs each

FRI

Keto Chicken Tenders

Makes 6 servings (2 ravioli each);
2.4 net carbs per serving

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Bonus Recipe:

Bacon Cheddar Chaffles

Makes 5 mini cheese waffles;
2.2 net carbs each

NOTES
