

GROCERY LIST

MEATS

- 2 pounds boneless, skinless chicken (or 1 pound + 1 rotisserie chicken)
- 1 (13 ounce) package smoked sausage
- 1 pound ground beef or turkey
- 1 pound large de-shelled shrimp

PRODUCE

- 1 head broccoli
- 1 head garlic
- 1 white or sweet onion
- 1 (8 ounce) package mushrooms
- 1 head cabbage
- 2 green bell peppers, 1 red pepper
- Minced ginger

BONUS BAKED EGG INGREDIENTS

- Eggs
- Prosciutto

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Garlic powder, Italian seasoning, Chili powder, Oregano, Cumin, Old Bay seasoning

Misc: Cooking spray, Olive oil or Avocado oil

PANTRY

- 1 (32 ounce) container beef broth
- 1/2 cup white cooking wine OR chicken broth
- 1 (4 ounce) can green chilies
- 1 (10 ounce) can tomatoes with green chilies (Rotel)
- Salsa
- Large low-carb tortillas
- Tomato paste
- Soy sauce
- Golden monkfruit (or brown sugar Swerve)
- Sesame oil
- Rice vinegar

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar
- Sliced Swiss cheese
- Heavy cream
- Butter

WEEKLY MEAL PLAN

MON

One Pan Mushroom Chicken

Makes 4 servings;
2.3 net carbs each

TUE

Slow Cooker Cabbage Roll Soup

Makes 8 servings;
5.8 net carbs each

WED

Keto Chimichangas

Makes 6 chimichangas;
6.6 net carbs each

THU

Sausage Cabbage Foil Packs

Makes 4 servings;
7 net carbs each

FRI

Shrimp & Broccoli Stir-Fry

Makes 4 servings;
6.1 net carbs each

S / S

Bonus Recipe:

Easy Baked Eggs

Makes 6 baked egg cups;
0.4 net carbs each

NOTES