

GROCERY LIST

MEATS

- 2.5-3 pounds boneless, skinless chicken
- 1 (13 ounce) package smoked sausage
- 3 pound ground beef or turkey
- 1 package bacon

PRODUCE

- 1 head broccoli
- 1 head garlic
- 1 head cabbage
- 1 white onion
- 2 green bell peppers
- 3 jalapeno
- 1 lime

BONUS BROCCOLI BITE INGREDIENTS

- Eggs
- Grated parmesan
- Coconut flour

PANTRY

- 2 cans tomato paste
- 1 (32 ounce) carton beef broth + 1 can (or 2 cartons)
- 1 (15 ounce) can tomato sauce
- 1 (10 ounce) can tomatoes with green chilies
- Mustard

COLD

- 1 (8 ounce) package cream cheese
- 1 (16 ounce) package shredded cheddar
- Butter

BONUS COOKIE INGREDIENTS

- Almond flour
- Eggs
- Golden monkfruit or brown sugar Swerve
- Vanilla extract
- Lily's chocolate chips
- Pecans

ITEMS YOU PROBABLY ALREADY HAVE

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

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Bacon Cheeseburger Cabbage Casserole

Makes 6 servings;
5 net carbs

Bonus Recipe:

Broccoli Cheddar Bites

Makes 30 bites;
0.9 net carbs each

TUE

Easy Keto Chili

Makes 8 servings;
8.5 net carbs per bowl

Bonus Recipe:

Chocolate Chip Cookies

Makes 26 cookies;
1.1 net carbs each

WED

Broccoli Cheddar Stuffed Chicken

Makes 4 servings;
2 net carbs each

NOTES

THU

Sausage & Cabbage Skillet

Makes 4 servings;
5.7 net carbs each

FRI

Sheet Pan Chicken Fajitas

Makes 4 servings;
4.4 net carbs each

S / S