

# GROCERY LIST

## MEATS

- 4 pounds boneless, skinless chicken
- 1 pound ground beef
- 2 salmon filets
- 1 package bacon
- 1 (16 ounce) package keto-friendly smoked sausage

## PRODUCE

- 1 large red bell pepper
- 2 heads garlic
- 5 medium zucchini
- 3 cups spinach
- 1 red onion
- 1 yellow onion
- 1 bunch celery
- 2 carrots
- 1 head lettuce
- 1 tomato
- 1 head broccoli

## PANTRY

- 1 (32 ounce) carton chicken broth
- Dry ranch seasoning
- Ranch dressing
- Almond flour
- Worcestershire sauce

## COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar
- Sliced cheese (any kind)
- Eggs
- Butter
- Heavy cream

## BONUS COOKIE INGREDIENTS

- 1 (15 ounce) box Duncan Hines classic yellow keto cake mix
- Lily's sugar-free chocolate chips (any variety)
- Vanilla extract (optional)

## ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Italian seasoning, Cajun seasoning, Garlic salt, Onion powder, Garlic powder, Thyme, Paprika, Red pepper flakes

**Misc:** Cooking spray, Olive oil, Baking powder

# WEEKLY MEAL PLAN

MON

Keto Bacon Cheeseburgers

Makes 3 burgers;  
6.9 net carbs

TUE

Instant Pot Chicken Spinach Soup

Makes 8 servings;  
4.2 net carbs per bowl

WED

Sausage Veggie Sheet Pan

Makes 4 servings;  
6.2 net carbs each

THU

Chicken Bacon Ranch Zucchini Boats

Makes 4 servings;  
2.5 net carbs each

FRI

Blackened Salmon & Zucchini

Makes 2 servings;  
2.1 net carbs each

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**Bonus Recipe:**  
**Cake Mix Cookies**

Makes 30 cookies;  
1.1 net carbs each

## NOTES

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