

GROCERY LIST

MEATS

- 8 boneless, skinless chicken thighs
- 4 boneless, skinless chicken breasts
- 1 1/2 pound salmon
- 4 (2-inch) thick pork chops
- 2 pound ground beef or turkey

PRODUCE

- 2 pounds asparagus
- 1 large green bell pepper
- 1 red onion
- 2.5 pounds broccoli
- 1 head garlic
- 1 jalapeno
- 2 lemons
- 2 sweet red peppers
- 1 bunch green onions

BONUS EGG MUFFINS INGREDIENTS

- Breakfast sausage
- Shredded cheese (can use the shredded gruyere if preferred)

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

PANTRY

- 1 (32 ounce) carton beef broth + 1 can
- 1 (10 ounce) can tomatoes with green chilies
- 1 (8 ounce) can tomato paste
- 2 (4 ounce) cans diced green chilies
- 1 package taco seasoning
- Soy sauce
- G Hughes Sugar Free Honey Mustard Sauce
- Sesame oil
- Golden Monkfruit
- Sriracha
- Peanuts (roasted or raw)
- Mayonnaise
- Dijon mustard

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded gruyere
- Eggs
- Butter
- Heavy cream

WEEKLY MEAL PLAN

MON

Honey Mustard Chicken Sheet Pan

Makes 4 servings;
4.9 net carbs

TUE

Cheesy Keto Taco Soup

Makes 8 servings;
5.3 net carbs per bowl

WED

Asian Pork Chops & Sesame Broccoli

Makes 4 servings;
7.3 net carbs each

THU

Asparagus Stuffed Chicken

Makes 4 servings;
2.2 net carbs each

FRI

Salmon & Broccoli Sheet Pan

Makes 4 servings;
5 net carbs each

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Bonus Recipe:

Sausage & Cheese Egg Muffins

Makes 12 egg muffins;
0.9 net carbs each

NOTES