

GROCERY LIST

MEATS

- 4 small chicken breasts (about 1.5 pounds)
- 1 package bacon
- 2 pounds ground beef
- 1/2 pound cooked sausage
- 2 pounds chicken wings
- 2 (8 ounce) halibut filets

PRODUCE

- 1 onion
- 2 jalapenos
- 1 head garlic
- 1 pound small portobello mushrooms
- 1 lemon
- 1 bunch green onions
- Pecans

BONUS P.B. FAT BOMB INGREDIENTS

- Low-carb peanut butter
- Brown sugar Swerve (or golden monkfruit)

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Garlic powder, Onion powder, Chili powder, Cumin, Paprika

Misc: Cooking spray, Olive oil, Baking powder

PANTRY

- 1 (32 ounce) carton beef broth
- 1 cup chicken broth
- 1 (10 ounce) can diced tomatoes
- 1 (7 ounce) can tomato paste
- Mustard
- Worcestershire sauce
- Buffalo wing sauce
- Apple cider vinegar

COLD

- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) package shredded cheddar
- 1 (8 ounce) package shredded mozzarella
- Shredded or grated parmesan
- Butter
- Heavy cream

WEEKLY MEAL PLAN

MON

Cheesy Jalapeno Chicken

Makes 4 servings;
4.3 net carbs

TUE

Bacon Cheeseburger Soup

Makes 8 servings;
5.9 net carbs per bowl

WED

Sausage Stuffed Mushrooms

Makes 4 servings;
5 net carbs each

THU

Baked Buffalo Wings

Makes 2 servings;
5.6 net carbs each

FRI

Baked Parmesan Halibut

Makes 2 servings;
3 net carbs each

S / S

Bonus Recipe:

**Peanut Butter Fudge
Fat Bombs**

Makes 30 peanut butter cups
1.5 net carbs each

NOTES
