

# GROCERY LIST

## MEATS

- 2 pounds of boneless, skinless chicken (or 2 small rotisserie chickens)
- 1 pound shrimp (shelled, deveined)
- 1.5 pounds boneless pork chops
- 1 pound ground beef

## PRODUCE

- 1-2 heads broccoli
- 1 head garlic
- 1 cup snap peas
- 1 bunch radishes
- 1 lime
- 1 bunch green onions
- 1 bell pepper
- 2 inches fresh ginger
- 3 cups green beans
- 1 onion
- Peanuts
- Lettuce (Iceberg or other cup variety)

## PANTRY

- Mayonnaise
- Peanut butter
- Soy sauce
- Rice vinegar
- Sesame oil
- Chili garlic sauce
- Golden monkfruit (or sugar free maple syrup or brown sugar Swerve)
- Steak marinade
- 1 can beef broth
- Cornstarch (optional)
- Sriracha (optional)

## COLD

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

### BONUS FUDGE INGREDIENTS

- Cocoa powder
- Peanut butter
- Vanilla extract

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Garlic powder, Onion powder, Italian seasoning, Paprika

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

# WEEKLY MEAL PLAN

MON

## Sesame Pork & Green Beans

Makes 4 servings;  
5.1 net carbs

TUE

## Broccoli Chicken Casserole

Makes 4 servings;  
5.5 net carbs

WED

## One Pan Keto Philly Cheesesteak

Makes 4 servings;  
4.2 net carbs each

THU

## Easy Chopped Thai Chicken Salad

Makes 4 servings;  
4 net carbs per serving

FRI

## Keto Shrimp Alfredo

Makes 4 servings;  
2 net carbs per serving

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### Bonus Recipe:

## Low Carb Peanut Butter Chocolate Fudge

Makes 21 pieces,  
2.2 net carbs each

## NOTES