

GROCERY LIST

MEATS

- 1 (14 ounce) package Andouille smoked sausage
- 4 skinless cod fillets (or other white fish)
- 1 pound ground beef or turkey
- 1 package bacon
- 2 pounds large, boneless, skinless chicken breast

PRODUCE

- 2 pounds broccoli florets
- 1 onion
- 1 head garlic
- 1 lemon
- Pine nuts
- Fresh parsley

BONUS PANCAKE INGREDIENTS

- Almond flour
- Keto friendly sweetener (Swerve or Monkfruit)
- Vanilla extract
- Strawberries
- 1/2 cup confectioners keto sweetener (Swerve or Monkfruit)
- 1 package cream cheese

ITEMS YOU PROBABLY ALREADY HAVE

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

Misc: Cooking spray, Olive oil, Baking powder

PANTRY

- 1 (32 ounce) carton chicken broth + 1 can
- 1 bag pork rinds
- Almond flour
- Low carb marinara
- 1 (7 ounce) can tomato paste
- Mustard

COLD

- 2 (8 ounce) packages cream cheese
- 1 (16 ounce) package shredded cheddar cheese
- 1 (8 ounce) package shredded parmesan
- 1 (8 ounce) package shredded mozzarella
- Grated parmesan
- Eggs
- Heavy cream
- Butter

WEEKLY MEAL PLAN

MON

Sausage Broccoli Cheddar Sheet Pan

Makes 4 servings;
6.6 net carbs

TUE

Chicken Parmesan

Makes 4 servings;
5.1 net carbs each

WED

Broccoli Cheddar Soup with Chicken

Makes 8 servings;
4.3 net carbs

THU

Bacon Cheeseburger Casserole Skillet

Makes 4 servings;
4.8 net carbs per serving

FRI

Lemon Garlic Fish

Makes 4 servings;
2 net carbs

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Bonus Recipe:

Strawberry Pancakes & Cream Cheese Glaze

Makes 12 pancakes,
2.3 net carbs each

NOTES