

# GROCERY LIST

## MEATS

- 1 pound deveined, shelled shrimp
- 1 pound ground beef (or turkey)
- 1 package pepperoni
- 2-2.5 pounds small boneless, skinless chicken breast

## PRODUCE

- 2 bell peppers (mixed colors)
- 1 red onion
- 1 head garlic
- 1 (8 ounce) package mushrooms
- 1 spaghetti squash
- 1 bunch green onions

### BONUS COOKIE INGREDIENTS

- Coconut oil
- Low-carb peanut butter, almond butter, or sun butter
- Cocoa powder
- Monkfruit or Swerve sweetener
- Unsweetened coconut flakes
- Vanilla extract (optional)
- Hulled hemp seeds (optional)

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Italian seasoning, Cajun seasoning

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

## PANTRY

- 3 packages taco seasoning (or 2.5 ounces of taco seasoning mix)
- 1 (10 ounce) can tomatoes with green chilies
- 1 (4 ounce) can mild green chilis
- Almond flour
- Coconut flour (can use almond flour if coconut isn't available)
- Unsweetened almond milk
- White cooking wine OR 1 can chicken broth
- Low carb marinara (optional)

## COLD

- 2 (8 ounce) packages cream cheese
- 1 (16 ounce) package shredded cheddar cheese
- 1 (8 ounce) package white American cheese
- 1 (8 ounce) package shredded mozzarella
- 1 (8 ounce) package shredded pepper jack
- Sliced Swiss cheese
- Eggs
- Heavy cream
- Butter

# WEEKLY MEAL PLAN

MON

## One Pan Mushroom Chicken

Makes 4 servings;  
2.3 net carbs

TUE

## Taco Spaghetti Squash Casserole

Makes 6 servings;  
5.9 net carbs each

WED

## Pepperoni Pizza Bites

Makes 30 bites;  
1 net carb each

THU

## Green Chili Stuffed Chicken

Makes 4 servings;  
2.4 net carbs per serving

FRI

## Shrimp Con Queso

Makes 6 servings;  
4.6 net carbs

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### Bonus Recipe

## Keto No Bake Cookies

Makes 48 cookies,  
1.1 net carbs each

## NOTES

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