

GROCERY LIST

MEATS

- 1.5 pounds flank steak
- 1 (14-16 ounce) package keto-friendly smoked sausage
- 2.5 boneless, skinless chicken breast
- 4 salmon filets

PRODUCE

- 2 heads garlic
- 1 bunch green onions
- 2 zucchini
- 1 red onion
- 1 white onion
- 1 large head broccoli
- 1 pound green beans
- 2 red peppers
- 1 lemon
- Cashews

PANTRY

- Soy sauce
- Chili garlic sauce
- Toasted sesame seed oil
- Brown sugar Swerve or monkfruit sweetener
- Rice vinegar
- Steak marinade

COLD

- 1 cup low-carb Greek yogurt

BONUS GRANOLA INGREDIENTS

- Unsweetened coconut flakes
- Almonds
- Macadamia nuts
- Chia seeds
- Vanilla extract
- Butter or coconut oil
- Cinnamon

BONUS COOKIE INGREDIENTS

- Low-carb peanut butter
- Vanilla extract
- 1 egg
- Sugar-free semi-sweet chocolate chips

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Dill seasoning, Cajun seasoning

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Sesame Chicken Stir Fry

Makes 4 servings;
1.8 net carbs

TUE

Sausage Veggie Sheet Pan

Makes 4 servings;
6.2 net carbs each

WED

Greek Chicken Kabobs

Makes 4 servings (2 kabobs each);
3.5 net carb each

THU

Keto Steak Rolls

Makes 4 servings (4 rolls each);
4.3 net carbs per serving

FRI

Asian Salmon

Makes 4 servings;
2 net carbs per serving

S / S

Bonus Recipe

Chocolate Chip Flourless Peanut Butter Cookies

Makes 18 cookies,
3.3 net carbs each

Bonus Recipe

Grain Free Granola

Makes 18 (1/4 cup) servings,
2.5 net carbs each

NOTES
