GROCERY LIST

MEATS

- 1.5 pounds flank steak
- 1 (14-16 ounce) package ketofriendly 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

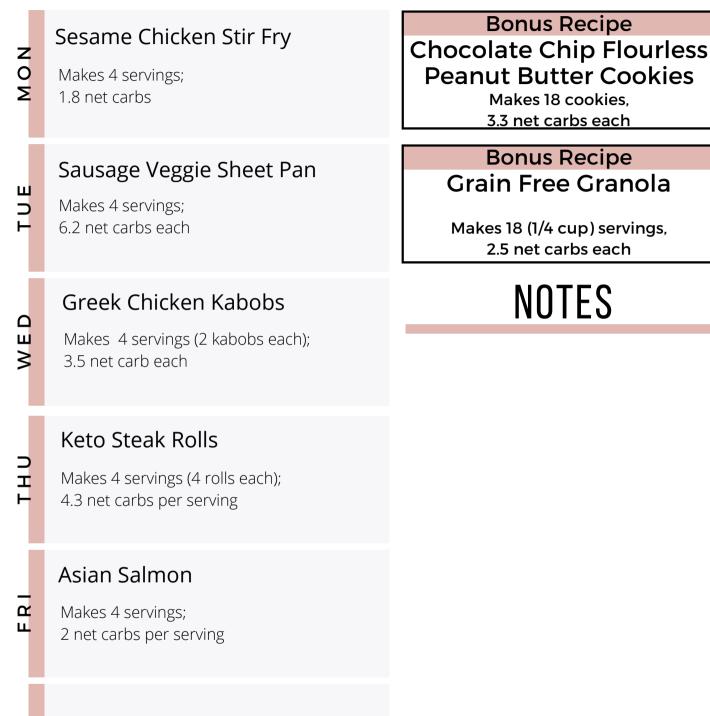
- Low-carb peanut butter
- Vanilla extract
- 1 egg
- Sugar-free semi-sweet chocolate chips

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Dill seasoning, Cajun seasoning

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN



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