

GROCERY LIST

MEATS

- 1 package bacon
- 1 (6 ounce) can lump crab meat
- 1 (14 ounce) package Andouille sausage, kielbasa, or smoked sausage
- 3 pounds boneless, skinless chicken breast

PRODUCE

- 1 head garlic
- 1 shallot
- 1 head lettuce
- 1 tomato
- 1-2 bunches green onions
- 2 large heads broccoli
- 1 lime

BONUS CHAFFLE INGREDIENTS

- 1 (4 ounce) can of jalapenos OR 2 fresh jalapenos
- 1 extra small bag of cheddar, pepper jack, or other cheese that you prefer.

PANTRY

- 2 (4 ounce) cans mild green chiles
- 1 package dry ranch seasoning
- 1 package taco seasoning
- Pork rinds
- Mayonnaise
- Almond flour
- Ground flax meal
- White wine OR chicken broth

COLD

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

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Old Bay seasoning, Italian seasoning

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Chicken with Bacon Cream Sauce

Makes 4 servings;
3 net carbs

TUE

Keto Taco Pizza

Makes 8 slices;
5 net carbs each

WED

Sausage Broccoli Foil Packs

Makes 4 packs;
6.6 net carb each

THU

Cheesy Chicken Bake

Makes 6 servings;
3.4 net carbs per serving

FRI

The BEST Keto Crab Cakes

Makes 6 cakes;
0.3 net carbs each

S / S

Bonus Recipe

Jalapeno Cheddar Chaffles

Makes 6 chaffles,
1.5 net carbs each

NOTES