

GROCERY LIST

MEATS

- 1.5 pounds boneless pork chops
- 1 pound ground beef or turkey
- 1.5 pounds boneless, skinless chicken breast
- 2 pounds wings
- 1.5 pounds shrimp (deveined, shells removed)

PRODUCE

- 3 medium sized zucchini
- 1 bunch celery
- 2 onions
- 2 bell peppers
- 1 head garlic
- 1 lemon
- 2 jalapenos

PANTRY

- 1 (32 ounce) carton chicken broth
- 1 (15 ounce) can fire roasted tomatoes
- Worcestershire sauce
- Mustard (your favorite kind)
- Tomato paste
- Buffalo sauce
- Apple cider vinegar

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- Heavy cream
- Butter
- Eggs

BONUS STRAWBERRY INGREDIENTS

- 1 more package cream cheese
- Confectioners Swerve or Monkfruit
- 1 lime
- 1 pound strawberries

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Cumin, Chili powder, Garlic powder, Onion powder, Bay leaves, Old Bay, Paprika, Oregano

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

One Pan Cheesy Fajita Chicken

Makes 4 servings;
4.7 net carbs

TUE

Pecan Crusted Pork Chops

Makes 6 servings;
3.6 net carbs each

WED

Cheeseburger Zucchini Boats

Makes 6 servings;
5.3 net carb each

THU

Keto Chicken Wings

Makes 2 servings (1 pound each);
2 net carbs per serving

FRI

Shrimp Creole

Makes 6 servings;
5.7 net carbs each

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Bonus Recipe

Key Lime Stuffed Strawberries

Makes 1 pound;
2.4 net carbs each

NOTES