

# GROCERY LIST

## MEATS

- 1 (12 ounce) package smoked sausage
- 8 small chicken breasts (about 2 pounds), boneless & skinless
- 1 pound ground beef or turkey
- 1 pound uncooked, shelled shrimp

## PRODUCE

- 2 lemons
- 1 lime
- 2 heads garlic
- 1 head cabbage
- 1 bunch spinach
- Cilantro

## PANTRY

- Coconut flour
- Taco seasoning
- White wine or chicken broth

## COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheese (can be cheddar, pepper jack, Mexican blend, or mozzarella)
- Crumbled feta cheese
- Grated parmesan cheese
- Heavy cream
- Butter
- Eggs

### BONUS EGG MUFFIN INGREDIENTS

- Bacon
- Spinach

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Italian seasoning, Onion powder, Paprika, Garlic powder, Chili powder, Cumin

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

# WEEKLY MEAL PLAN

MON

## Lemon Parmesan Chicken

Makes 4 servings;  
4.7 net carbs

TUE

## Air Fryer Sausage & Cabbage

Makes 4 servings;  
5.7 net carbs each

WED

## Spinach & Feta Stuffed Chicken

Makes 4 servings;  
1.4 net carb each

THU

## Keto Taco Bites

Makes 30 bites;  
0.9 net carbs each

FRI

## Cilantro Lime Shrimp

Makes 4 servings;  
1.5 net carbs each

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### Bonus Recipe

## Keto Spinach Bacon Egg Muffins

Makes 12 muffins;  
1 net carb each

## NOTES