

# GROCERY LIST

## MEATS

- 1 pound ground beef or turkey
- 1/2 pound Italian sausage
- 3 1/2 pounds boneless, skinless chicken breast (or 1 1/2 pounds of breasts + 1 small rotisserie)
- 2 salmon filets
- Pepperoni (sliced or chopped)

## PRODUCE

- 1 onion
- 1 bell pepper
- 3 zucchini

### BONUS COOKIE INGREDIENTS

- Baking soda
- Golden monk fruit or brown sugar Swerve
- Orange zest
- Vanilla extract
- Lily's sugar free white chocolate chips

## PANTRY

- 1 can beef broth
- Steak marinade
- Almond flour
- Ground flax meal
- Ranch dressing
- Buffalo sauce
- Mayonnaise
- Pork rinds

## COLD

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

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Italian seasoning, Onion powder, Paprika, Garlic powder, Red Pepper, Garlic salt

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

# WEEKLY MEAL PLAN

MON

## Keto Philly Cheesesteak Skillet

Makes 4 servings;  
4.2 net carbs

TUE

## Keto Pizza Rolls

Makes 10 rolls;  
2.3 net carbs each

WED

## Buffalo Chicken Zucchini Boats

Makes 4 servings;  
4.1 net carbs each

THU

## Oven Baked Chicken Tenders

Makes 6 servings (2 tenders each);  
1.1 net carbs each

FRI

## Blackened Salmon Kabobs

Makes 2 servings (2 kabobs each);  
2.1 net carbs each

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### Bonus Recipe

## Keto Orange Creamsicle Cookies

Makes 26 muffins;  
2.5 net carb each

## NOTES

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