

# GROCERY LIST

## MEATS

- 1 pound ground beef or turkey
- 1 pound sea scallops
- 2 4-5 pound whole chickens (or 1 chicken + 1 pound boneless, skinless chicken breasts)
- 1 package bacon
- 4 pork chops

## PRODUCE

- 2 small onion
- 4 medium bell pepper
- 1-2 heads garlic
- 1 bunch celery
- 1 lemon

## PANTRY

- 1 (10-ounce) can tomatoes with green chilies
- 1 (8-ounce) can tomato sauce
- 1 (4-ounce) can mild green chilies
- 1 can chicken or vegetable broth
- 1 (1 ounce) packet Ranch dressing mix

## COLD

- 1 (16-ounce) package shredded cheddar, pepper jack, or your favorite cheese
- 1 (8 ounce) package cream cheese
- Butter

### BONUS SAUSAGE BALL INGREDIENTS

- 1 pound breakfast sausage
- 1 package cream cheese
- Almond flour

### BONUS FUDGE INGREDIENTS

- Brown sugar Swerve or Golden monk fruit sweetener
- Peanut butter

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Italian seasoning, Onion powder, Paprika, Garlic powder, Red Pepper, Garlic salt, Chili powder, Old Bay, Thyme, Oregano

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

# WEEKLY MEAL PLAN

MON

## Instant Pot Whole Chicken

Makes 4-5 servings (depends on size);  
0.8 net carbs

TUE

## Cajun Pork Chops with Fried Cabbage

Makes 4 servings;  
3.7 net carbs each

WED

## Green Chili Chicken Stuffed Peppers

Makes 8 peppers;  
4.7 net carbs each

THU

## One Pan Cabbage Casserole

Makes 6 servings;  
7.4 net carbs each

FRI

## Bacon Wrapped Scallops

Makes 4 servings;  
6.9 net carbs each

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### Bonus Recipe

## 5-Ingredient Sausage Balls

Makes 25;  
0.9 net carb each

### Bonus Recipe

## 3-Ingredient Keto Peanut Butter Fudge

Makes 30;  
1.5 net carb each

## NOTES