

GROCERY LIST

MEATS

- 1 pound ground beef or turkey
- 1-1/2 pound salmon
- 3-1/2 pounds boneless, skinless chicken breast
- 1 package bacon
- 1 (14 ounce) package Johnsonville Andouille Smoked Sausage

PRODUCE

- 1 small onion
- 1-1/2 pound broccoli
- 1-2 heads garlic
- 3 jalapenos
- 1 lemon
- 1 pound asparagus

PANTRY

- 1 can chicken or beef broth
- 1 can tomato paste
- Dijon mustard
- Mayonnaise

COLD

- 1 (16-ounce) package shredded cheddar cheese
- 1 (8 ounce) package cream cheese
- Butter
- Shredded Gruyere
- Shredded or grated parmesan
- Almond milk
- Heavy cream

BONUS ICED CHAI INGREDIENTS

- Chai Tea
- Liquid monk fruit sweetener or sugar-free simple syrup
- Vanilla extract

BONUS MARGARITA INGREDIENTS

- Tequila
- Liquid monk fruit sweetener or sugar-free simple syrup
- Lime juice
- Sparkling water (lime if possible)

ITEMS YOU PROBABLY ALREADY HAVE

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

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Sausage Broccoli Cheddar Sheet Pan

Makes 4 servings;
6.6 net carbs

Bonus Recipe

Iced Vanilla Chai

Makes 1;
1 net carb each

TUE

Jalapeno Popper Chicken Skillet

Makes 6 servings;
2.9 net carbs each

Bonus Recipe

Keto Margarita

Makes 1;
1.4 net carb each

WED

Bacon Cheeseburger Skillet

Makes 4 servings;
4.8 net carbs each

NOTES

THU

Asparagus Stuffed Chicken

Makes 4 servings;
2.2 net carbs each

FRI

Salmon Broccoli Sheet Pan

Makes 4 servings;
5 et carbs each

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