

# GROCERY LIST

## MEATS

- 1 pound ground beef or turkey
- 2 1/2 pounds boneless, skinless chicken breast
- 1 pound shrimp, shells removed
- 2 2-inch thick cut pork chops

## PRODUCE

- 3 onions
- 2 zucchini
- 2 jalapenos
- 1 lime
- 1 lemon
- 1 (8 ounce) package mushrooms
- 2 bell peppers
- Fresh parsley

## PANTRY

- 1 (10 ounce) can tomatoes with green chilies
- 1 (1 ounce) package taco seasoning
- Steak marinade

## COLD

- Sliced provolone cheese
- Shredded cheese (Mexican blend, cheddar, pepper jack, or your favorite cheese with tacos)
- Butter

### BONUS BAGEL INGREDIENTS

- Shredded mozzarella
- Cream cheese
- Almond flour
- Coconut flour
- Eggs

### BONUS CANDY INGREDIENTS

- Lily's sugar-free dark chocolate chips
- Roasted, salted macadamia nuts
- Coconut oil

### ITEMS YOU PROBABLY ALREADY HAVE

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

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

# WEEKLY MEAL PLAN

MON

## Keto Taco Casserole

Makes 4 servings;  
5.7 net carbs

### Bonus Recipe

## Keto Bagels

Makes 8 bagels;  
3.4 net carb each

TUE

## Thick-Cut Pork Chops

Makes 2 servings;  
1.1 net carbs each

### Bonus Recipe

## Chocolate Covered Macadamia Nuts

Makes 30 pieces;  
2 net carb each

WED

## Sheet Pan Chicken Fajitas

Makes 4 servings;  
4.4 net carbs each

## NOTES

THU

## Chicken Philly Cheesesteak Skillet

Makes 4 servings;  
4.5 net carbs each

FRI

## Grilled Shrimp Skewers

Makes 4 servings;  
0.7 net carbs each

S / S