

# GROCERY LIST

## MEATS

- 1 1/2 pounds flank steak
- 3 pounds boneless, skinless chicken breast
- 1 pound Italian sausage
- 4 salmon fillets
- Pepperoni slices

## PRODUCE

- 4 cups broccoli (a little less than a pound)
- 3 medium zucchini
- 1-2 heads garlic
- 1 bunch green onions
- 1 (8 ounce) package mushrooms
- 1 bell pepper
- Cashews
- Ginger

### BONUS COOKIE INGREDIENTS

- Sugar-free dark chocolate chips
- Sugar-free butterscotch chips
- Vanilla extract

### ITEMS YOU PROBABLY ALREADY HAVE

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

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

## PANTRY

- Mayonnaise
- Chili garlic sauce
- Toasted sesame oil
- Rice vinegar
- Soy sauce
- Broth (chicken, beef, or veggie)
- Xanthan gum
- Almond flour
- Low-carb marinara sauce
- Brown sugar Swerve or golden monkfruit

## COLD

- 1 (8 ounce) package shredded cheese (Mozzarella, pizza blend, or your favorite kind)
- Grated parmesan cheese
- Eggs
- Butter (unsalted preferably)

# WEEKLY MEAL PLAN

MON

## Keto Beef & Broccoli

Makes 6 servings;  
4.9 net carbs

TUE

## Keto Pizza Skillet

Makes 4 servings;  
5.9 net carbs each

WED

## Sesame Chicken Stir Fry

Makes 4 servings;  
1.8 net carbs each

THU

## Keto Chicken Nuggets

Makes 5 servings;  
3.2 net carbs each

FRI

## Asian Salmon

Makes 4 servings;  
2 net carbs each

S / S

### Bonus Recipe

## Keto Butterscotch Cookies

Makes 28 cookies;  
2.4 net carb each

## NOTES