

GROCERY LIST

MEATS

- 1 pound ground beef or turkey
- 3 pounds boneless, skinless chicken breast
- 4 pork chops (bone-in or boneless)
- 1 (6 ounce) can premium lump crab meat

PRODUCE

- 1 jalapeno
- 1 head cabbage
- 1 head garlic
- 1 bunch green onions
- 1 lime
- 1 head broccoli
- 1 bunch celery
- Optional: 1 pint small tomatoes

BONUS BAKED EGG INGREDIENTS

- Prosciutto or ham

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Italian seasoning, Onion powder, Garlic powder, Garlic salt, Paprika, Red pepper, Old Bay

Misc: Cooking spray, Olive oil, Baking powder

PANTRY

- 1 can tomatoes with green chilies
- 1 (8 ounce) can tomato sauce
- 1 (1 ounce) package taco seasoning
- 1 can chicken or vegetable broth
- Mayonnaise
- Pork rinds
- Pesto
- Buffalo sauce
- Optional: White wine (can use broth instead), Xanthan gum (can thicken casserole sauce, not necessary, though)

COLD

- 1 (8 ounce) package shredded cheddar cheese
- Grated parmesan cheese
- Eggs
- Butter (unsalted preferably)
- Heavy cream
- Cream cheese

WEEKLY MEAL PLAN

MON

Easy Pesto Chicken

Makes 4 servings;
2.5 net carbs each
(Optional tomatoes = 4.4 net carbs each)

TUE

Low Carb Taco Casserole

Makes 4 servings;
5.7 net carbs each

WED

Buffalo Chicken Casserole

Makes 6 servings;
5.5 net carbs each

THU

Cajun Pork Chops & Fried Cabbage

Makes 4 servings;
3.7 net carbs each

FRI

Keto Crab Cakes

Makes 6 crab cakes;
0.3 net carbs each

S / S

Bonus Recipe

Cheddar Baked Eggs

Makes 6 eggs;
0.5 net carb each

NOTES