

GROCERY LIST

MEATS

- 3 pounds boneless, skinless chicken breast
- 1 (14-ounce) package Johnsonville Andouille Smoked Sausage
- 1 pound thawed shrimp, shells removed
- 1 package bacon
- 1 package pepperoni slices

PRODUCE

- 2 heads broccoli
- 1 red pepper
- 1 red onion
- 1 bunch green onions
- 1 head garlic
- 1 lemon

BONUS BISCUIT INGREDIENTS

You should have all necessary ingredients with leftover flour, eggs, cheese, and cream cheese. heavy cream, and bacon. If duplicating any dinners, you may need to buy extras.

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Italian seasoning, Garlic powder, Crushed red pepper, Cajun seasoning

Misc: Cooking spray, Olive oil, Baking powder

PANTRY

- 1 (4 ounce) can mild green chilies
- Mayonnaise
- Dry ranch seasoning
- Almond flour
- Low-carb marinara
- White wine OR chicken or vegetable broth

COLD

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

BONUS MINT JULEP INGREDIENTS

- Bourbon
- Fresh mint leaves
- Liquid monk fruit sweetener

WEEKLY MEAL PLAN

MON

Spicy Sausage Veggie Foil Pack

Makes 4 servings;
7.5 net carbs each

TUE

Cheesy Chicken Bake

Makes 6 servings;
3.4 net carbs each

WED

Chaffle Pizzas

Makes 6 servings;
1.8 net carbs each

THU

Bacon Wrapped Chicken

Makes 4 servings;
1.3 net carbs each

FRI

Shrimp Scampi

Makes 4 servings;
1.9 net carbs each

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Bonus Recipe

Bacon Keto Biscuits

Makes 20 biscuits;
2.1 net carb each

Bonus Recipe

Keto Mint Juleps

Makes 1 drink;
0 net carbs each (yes, zero!)

NOTES