

GROCERY LIST

MEATS

- 2 pounds boneless skinless chicken breast
- 1 pound ground beef or ground turkey
- 1 pound breakfast sausage
- 2 cups pepperoni (about 10 ounces)

PRODUCE

- 1 head of garlic
- 5 medium zucchini
- 8 ounces sliced mushrooms

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Onion powder, Garlic powder, Salt, Pepper, Italian Seasoning, Red Pepper, Paprika

Misc: Cooking Spray, Baking Powder, Vanilla Extract, Cocoa Powder, Foil

PANTRY

- White Cooking Wine or Chicken Broth
- 1 (1 ounce) Taco Seasoning
- 1 (10 ounce) can tomatoes with green chiles
- Almond flour
- Flax Seed Meal (also called ground flax seed)
- Low Carb Ranch Dressing
- Coconut flour (almond flour can be substituted)
- Low carb marinara (such as Rao's)
- Swerve sweetener (granulated)

COLD

- Heavy Cream
- Butter
- 1 (8 ounce) Shredded Cheddar Cheese
- 2 (8 ounce) Shredded Mozzarella Cheese
- Eggs
- 3 (8 ounce) package Cream Cheese
- Parmesan Cheese
- Unsweetened Almondmilk
- Sliced Swiss Cheese

Notes

WEEKLY MEAL PLAN

MON

One Pan Mushroom Chicken

Makes 4 servings
2.3 net carbs

Keto Dessert
Cheesecake Brownies

TUE

Taco Zoodle Casserole

Makes 6 servings
5.6 net carbs

NOTES

WED

Sausage Cream Cheese Rolls

Great with scrambled eggs!
Makes 10 rolls
2.3 net carbs each

THU

Blackened Chicken with
Crispy Zucchini Fries

Makes 4 servings
4.2 net carbs

FRI

Pepperoni Pizza Bites

Makes 30 bites
1 net carb each

S / S