

WEEK 3 DINNER GROCERY LIST

MEATS

- 2 pound boneless, skinless chicken breast
- 1 pound ground beef or ground turkey
- 1 pound breakfast sausage
- 10-ounces pepperoni

COLD

- 2 (8 ounce) package cream cheese
- 1 (16 ounce) package shredded mozzarella
- 1 (8 ounce) package shredded cheddar
- Sliced Swiss cheese
- Parmesan cheese
- Unsweetened almond milk
- Heavy cream
- Eggs
- Butter

PANTRY

- White cooking wine or chicken broth
- 1 (1 ounce) package taco seasoning
- 1 (10 ounce) can tomatoes with green chiles
- Almond flour
- Flax seed meal (also called ground flax seed)
- Coconut flour *optional, almond flour could be substituted
- Low carb marinara sauce
- Granulated Swerve or monk fruit sweetener

PRODUCE

- 3 medium zucchini
- 8 ounces sliced mushrooms
- 1 head garlic

ITEMS YOU MIGHT ALREADY HAVE

Onion powder, Garlic powder, Salt, Pepper, Italian seasoning, Red Pepper, Paprika, Cooking spray, Baking powder

BONUS BROWNIE INGREDIENTS

- Cocoa powder
- +1 more package cream cheese

WEEK 3 EASY KETO DINNER MEAL PLAN

MON

One Pan Mushroom Chicken

Makes 4 servings;
2.3 net carbs each

TUE

Taco Zoodle Casserole

Makes 6 servings;
5.6 net carbs each

WED

Sausage Cream Cheese Rolls

Makes 10 rolls;
2.3 net carbs each

THU

Blackened Chicken

Makes 4 servings,
4.2 net carbs each

FRI

Pepperoni Pizza Bites

Makes 30 bites;
1 net carb each

S / S

Bonus Recipe

Cheesecake Brownies

Makes 9 brownies;
2.4 net carb each

NOTES