

GROCERY LIST

MEATS

- 2.5 pounds boneless skinless chicken breast
- 3 pounds ground beef or ground turkey
- 1 (6 ounce) package salmon

PRODUCE

- 1 head of garlic
- 3 medium zucchini
- 1 small white onion
- 1 green bell pepper
- 2 fresh jalapeño
- 1 head of cabbage
- 1 bunch of green onions
- 1 pound of green beans

PANTRY

- 1 (8 ounce) can tomato sauce
- 1 (1 ounce) Taco Seasoning
- 2 (10 ounce) can tomatoes with green chiles
- 1 (7 ounce) tomato paste
- 1 (4 ounce) can green chilies
- Low Carb Ranch Dressing
- Buffalo Sauce
- Coconut flour (almond flour can be substituted)
- Almond Flour
- Swerve sweetener (Brown Sugar)
- Unsweetened Coconut
- Shelled Hemp Seeds (can use coconut flakes)

COLD

- Shredded Cheddar Cheese
- Shredded Mozzarella Cheese
- Eggs
- 1 (8 ounce) package Cream Cheese
- Parmesan Cheese
- Heavy Cream

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Onion powder, Garlic powder, Salt, Pepper, Italian Seasoning, Garlic Salt, chili powder, Old Bay

Misc: Cooking Spray, Peanut Butter, Baking Powder, Vanilla Extract, Cocoa Powder, Coconut Oil, Mayonnaise, Soy Sauce, Rice Vinegar, Sesame Oil, Oil for frying, Cashews (optional)

Notes

WEEKLY MEAL PLAN

MON

One Pan Cabbage Casserole

Makes 6 servings
7.4 net carbs

Keto Dessert
No Bake Cookies

TUE

Keto Taco Soup

Makes 8 servings
5.3 net carbs

NOTES

WED

Buffalo Chicken Zucchini Boats

Makes 4 Zucchini Boats
4 net carbs each

THU

Sesame Chicken Stir Fry

Makes 4 servings
2 net carbs

FRI

Salmon Patties and Green Bean Fries

Makes 5 Patties at 4.4 net carbs
Fries serve 6 at 5.6 net carbs per heaping cup

S / S