

GROCERY LIST

MEATS

- 1 pound boneless skinless chicken breast
- 2 pounds ground beef or ground turkey
- 1 pound peeled shrimp
- 1 pound Italian Sausage links
- 1 (12 ounce) tin of tuna

PRODUCE

- Strawberries
- 2 heads garlic
- 2 green bell pepper
- 1 fresh jalapeño
- 1 head of cauliflower
- 3 medium zucchini
- 1 bunch green onions
- 1 head of Iceburg lettuce
- 1 1/2 pounds fresh green beans

PANTRY

- 1 (10 ounce) can tomatoes with green chilies
- 1 (15 ounce) can tomato sauce
- 1 (32 ounce) carton beef broth
- 1 (32 ounce) carton chicken broth
- 1 (7 ounce) can tomato paste
- Coconut flour
- Swerve sweetener (Confectioners)
- Swerve sweetener (Brown Sugar)
- Lilly's Sugar Free Chocolate Chips

COLD

- 2.5 cups Shredded Cheddar Cheese
- 1 package Shredded Mozzarella Cheese
- 2 (8 ounce) package Cream Cheese
- Butter
- Heavy Cream
- Unsweetened almondmilk
- Parmesan Cheese

MISC ITEMS YOU PROBABLY ALREADY HAVE

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

Misc: Cooking Spray, Soy Sauce, Rice Vinegar, Sesame Oil, Coconut Oil, Peanut Butter, Vanilla Extract, Peanuts or Almonds for garnish

WEEKLY MEAL PLAN

MON

Easy Keto Chili

Makes 8 servings
8.5 net carbs per 1 1/2 cups

Keto Dessert

Chocolate Strawberry Fat Bombs

TUE

Cheesy Tuna Zoodle Casserole

Makes 6 servings
3.4 net carbs per serving

NOTES

WED

Sausage and Green Bean Sheet Pan Dinner

Makes 5 Slices
5.9 et carbs each

THU

Asian Chicken Lettuce Wraps

Makes 4 servings
3.4 net carbs each

FRI

Keto Shrimp and Grits

Makes 4 servings
4.4 net carbs per serving

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