

GROCERY LIST

MEATS

- 3 pounds boneless skinless chicken breast
- 1-2 pounds top round steak*
- 1 (13 ounce) package smoked sausage
- 10 ounces sliced pepperoni
- Bacon

PRODUCE

- Strawberries
- 1 head garlic
- 1 small white onion
- 1 green bell pepper
- 1 fresh jalapeño
- 1 head of cabbage

MISC ITEMS YOU PROBABLY ALREADY HAVE

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

Misc: Cooking Spray, Baking Powder, Vanilla Extract, Foil, Steak marinade

PANTRY

- 1 (1 ounce) package dry Ranch dressing
- 1 (4 ounce) can green chilies
- Low Carb Ranch Dressing
- Coconut flour (almond flour can be substituted)
- Almond Flour
- Ground Flax Meal (usually next to the almond or coconut flour)
- Swerve sweetener (Confectioners)
- Chia seeds

COLD

- 2.5 cups Shredded Cheddar Cheese
- 4 1/2 cups Shredded Mozzarella Cheese
- Eggs
- 2 (8 ounce) package Cream Cheese
- Butter
- Heavy Cream
- Unsweetened almondmilk

*I use 1/4-1/2 top round steak per person, so just choose your weight accordingly

Notes

WEEKLY MEAL PLAN

MON

One Pan Green Chili Chicken

Makes 6 servings
3.6 net carbs

Keto Dessert

Strawberry Cheesecake Parfait

TUE

Steak and Eggs with Cheddar Garlic Biscuits

Steak and Eggs 0.7 net carbs per serving.
Biscuits make 22 biscuits at 2.1 net carbs each and these make great little sliders for lunch.

NOTES

WED

Chicken Bacon Ranch Pizza

Makes 8 Slices
3.3 net carbs each

THU

Sausage and Cabbage Foil Pack

Makes 4 servings
6.5 net carbs each

FRI

Pepperoni Pizza Bites

Makes 30 bites, 1 net carb each.

S / S