

WEEK 47 DINNER GROCERY LIST

MEATS

- 1 pound ground beef or turkey
- 1 pound sea scallops
- 2.5-3 pounds boneless, skinless chicken breasts
- 1 package bacon
- 4 pork chops

PRODUCE

- 1 small onion
- 4 medium bell peppers
- 1 head cabbage
- 1 head garlic

PANTRY

- 1 (10-ounce) can tomatoes with green chilies
- 1 (8-ounce) can tomato sauce
- 1 (4-ounce) can mild green chilies
- 1 carton chicken or vegetable broth
- 1 (1-ounce) packet Ranch dressing mix
- White wine (or additional broth)

COLD

- 1 (16 ounce) package shredded cheddar, pepper jack, or your favorite cheese
- 1 (8 ounce) package cream cheese
- Parmesan cheese
- Heavy cream
- Butter

BONUS FUDGE INGREDIENTS

- Brown sugar Swerve or Monk fruit sweetener
- Peanut butter
- Butter

BONUS SAUSAGE BALL INGREDIENTS

- 1 pound breakfast sausage
- 1 package cream cheese
- Almond flour
- Baking powder

ITEMS YOU MIGHT ALREADY HAVE

Italian seasoning, Garlic powder, Onion powder, Kosher salt, Crushed red pepper flakes, Black pepper, Paprika, Chili pepper, Old Bay seasoning, Olive oil

WEEK 47 EASY KETO DINNER MEAL PLAN

MON

Instant Pot Chicken Breasts

Makes 4 servings;
3 net carbs each

TUE

Cajun Pork Chops with Fried Cabbage

Makes 4 servings;
3.7 net carbs each

WED

Green Chili Chicken Stuffed Peppers

Makes 8 stuffed pepper halves;
4.7 net carbs each

THU

One Pan Cabbage Casserole

Makes 6 servings,
7.4 net carbs each

FRI

Bacon Wrapped Scallops

Makes 4 servings;
6.9 net carb each

S / S

Bonus Recipe

5-Ingredient Sausage Balls

Makes 25;
0.9 net carb each

Bonus Recipe

Keto Peanut Butter Fudge

Makes 30;
1.5 net carb each

NOTES