

# WEEK 1 LUNCH GROCERY LIST

## MEATS

- 1 pound ground beef
- 1 package bacon
- 1.5 pounds shredded chicken
- 1 package each: deli turkey, prosciutto, large salami, and large pepperoni

## PRODUCE

- Romaine salad\*
- Iceberg lettuce
- 1 pint cherry tomatoes
- 1 red onion
- 1-2 lemons
- 1 head garlic
- 1 bunch green onions
- Celery

### BONUS FUDGE INGREDIENTS

- Peanut butter (low carb)
- Butter
- Brown sugar Swerve or Monk fruit

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Italian seasoning

**Misc:** Olive oil, Baking powder

## PANTRY

- 2 cans of artichoke hearts
- 1 jar pepperoncini
- 1 jar olives (sliced or whole)
- Tomato paste
- Pickle relish
- Mustard
- Coconut flour
- Liquid smoke\*
- Worcestershire sauce
- Roasted pecans
- Mayonnaise
- 1 package 10-inch low-carb tortillas
- Dry ranch seasoning

## COLD

- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- 1 package mozzarella pearls (or other fresh mozzarella)
- Eggs
- Sliced gouda\*

# WEEKLY KETO LUNCH IDEAS

MON

## Keto Antipasto Salad

Makes 6 servings;  
5.6 net carbs each

TUE

## Keto Italian Lettuce Wrap

Makes 1 wrap;  
3.8 net carbs each

WED

## Keto Chicken Salad

Makes 6 servings;  
1.1 net carbs each

THU

## Bacon Cheeseburger Bites

Makes 32 bites,  
0.7 net carbs each

FRI

## Easy Keto Pinwheels

Makes 8 servings (5 pinwheels each);  
4.3 net carbs each

S / S

### Bonus Recipe

## Keto Peanut Butter Fudge Fat Bombs

Makes 30;  
1.5 net carb each

## NOTES

---