

WEEK 3 LUNCH GROCERY LIST

MEATS

- 1 package prosciutto
- 1 package large deli pepperoni (medium can work as well)
- 1 package bacon
- 1 pound ground beef or turkey
- 1/2 pound cooked chicken (rotisserie or meal prepped)

PANTRY

- Marinara sauce (low carb)
- Low carb tortillas
- Ranch dressing
- Coconut flour*
- Taco seasoning
- Mayonnaise

ITEMS YOU MIGHT ALREADY HAVE

Spices: Salt, Pepper, Thyme, Garlic Powder, Onion Powder

Misc: Olive oil, Baking powder

COLD

- 1 small package brie
- 1 package cherry-size fresh mozzarella balls
- 1 8-ounce package cream cheese
- 1 package (at least 12 slices of mozzarella cheese)
- 1 package cheddar or colby jack cheese
- Eggs
- 1 8-ounce package of shredded cheese (preferably cheddar, pepper jack, or mozzarella)

PRODUCE

- 1 pint cherry tomatoes
- 1 head iceberg lettuce
- 1 pint blackberries
- 1 small bunch basil leaves

BONUS MOZZARELLA INGREDIENTS

- 1 head garlic
- Crushed red pepper
- Fresh oregano

WEEKLY KETO LUNCH IDEAS

MON

Taco Bites

Makes 30 bites;
0.9 net carbs each

TUE

BLT Wraps

Makes 2 wraps;
2 net carbs each

WED

Pizza Pinwheels

Makes 8 servings (5 pinwheels each);
4.5 net carbs per serving

THU

Chicken Bacon Ranch Wraps

Makes 1 wrap;
1.7 net carbs each

FRI

Prosciutto Skewers

Makes 4 caprese skewers + 4 blackberry
skewers;
4 net carbs for all

S / S

Bonus Recipe

Marinated Mozzarella

Makes 8 servings (1/4 cup);
0.3 net carb each

NOTES