

# WEEK 5 LUNCH GROCERY LIST

## MEATS

- 1 pound chicken
- 1 9-ounce package deli ham
- 1 11-ounce package tuna
- 1 package pizza pepperoni

## PANTRY

- Peanut butter
- Monk fruit syrup\*
- Soy sauce
- Rice vinegar
- Sesame oil
- Chili garlic sauce
- Chopped peanuts
- Low carb tortillas
- Mayonnaise
- Mustard
- Dill pickle relish
- Almond flour

\*Or golden monk fruit

### BONUS CHIP INGREDIENTS

- Nutritional yeast or powdered cheese
- Chili powder
- Cumin

## COLD

- 1 8-ounce package cheddar cheese sticks
- Cream cheese
- Eggs
- Shredded mozzarella

## PRODUCE

- Slaw mix
- Collard leaves
- 1 red bell pepper
- 1 carrot
- Snap peas
- Radishes
- Green onions
- 1 red onion
- 1 lemon, 1 lime
- Chives
- Celery
- Garlic
- Ginger

### ITEMS YOU MIGHT ALREADY HAVE

**Spices:** Salt, Pepper, Thyme, Garlic Powder, Oregano, Italian Seasoning, Everything seasoning

**Misc:** Oil, Baking powder

# WEEKLY KETO LUNCH IDEAS

MON

## Chopped Thai Chicken Salad

Makes 4 servings;  
3.1 net carbs each

TUE

## Pepperoni Chaffles

Makes 5 chaffles;  
2 net carbs

WED

## Thai Chicken Collard Wrap

Makes 1 wrap;  
5 net carbs per wrap

THU

## Ham & Cheese Pinwheels

Makes 8 servings (5 pinwheels each);  
4 net carb each

FRI

## Tuna Salad

4 servings;  
1.8 net carb each

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### **Bonus Recipe**

## **Chili Cheese Collard Green Chips**

Makes 4 servings (1 cup each);  
1 net carb each

## NOTES

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