

# WEEK 6 LUNCH GROCERY LIST

## MEATS

- 1 package hot dogs or smoked sausage links
- 1 pound thick-cut bacon
- 2 pounds boneless, skinless chicken

## PANTRY

- Almond flour
- Chopped, salted almonds
- Mayonnaise
- Monk fruit sweetener
- Apple cider vinegar
- 1 (6 ounce) jar pesto sauce
- Ranch dressing

## PRODUCE

- 3 medium heads broccoli
- 1 red onion
- 2 pounds sweet peppers
- 1 head iceberg lettuce

## COLD

- 1 8-ounce package cheddar cheese cubes\*
- 1 8-ounce package cream cheese
- Eggs
- 1 16-ounce package shredded mozzarella
- 1 8-ounce package shredded cheddar
- Sliced cheddar or colby-jack cheese\*

\*Buy 2 8-ounce blocks of cheddar and slice, shred, and cube it to save money.

## BONUS COCOA INGREDIENTS

- Unsweetened, unflavored almond milk
- Lily's sugar-free chocolate chips
- Cocoa powder
- Heavy whipping cream
- Espresso

## ITEMS YOU MIGHT ALREADY HAVE

**Spices:** Salt, Pepper, Everything seasoning

**Misc:** Oil, Baking powder

# WEEKLY KETO LUNCH IDEAS

MON

Chicken Broccoli Cheddar  
Hot Pocket

Makes 8 slices;  
3.1 net carbs each

TUE

Pigs in a Blanket

Makes 6;  
2.1 net carbs + hotdog net carbs

WED

Chicken Bacon Lettuce Wrap

Makes 1 wrap;  
1.7 net carbs per wrap

THU

Broccoli Salad with Bacon

Makes 11 servings;  
4.2 net carb each

FRI

Chicken Pesto Stuffed Peppers

4 servings;  
5.5 net carb each

S / S

## Bonus Recipe

**Keto Hot Cocoa with  
Espresso Whipped  
Cream**

Makes 2 servings (1 cup each);  
3.6 net carb each

## NOTES

---