

WEEK 7 LUNCH GROCERY LIST

MEATS

- 2 packages large deli salami
- 1 package large deli pepperoni
- 1 pound Italian sausage

PANTRY

- Low-carb tortillas
- Pickle spears
- 2 cups canned artichoke hearts
- Pepperoncini peppers
- Olives
- Almond flour
- Mayonnaise

PRODUCE

- 1 pint cherry tomatoes
- 1 red onion
- 2 lemons
- Iceberg lettuce*
- 1 head garlic
- Fresh dill

COLD

- 1 package sliced provolone cheese
- 1 package mozzarella pearls
- 1 package feta cheese
- 1 package shredded mozzarella
- Cream cheese
- Heavy cream
- Sliced smoked gouda *

*Gouda can be replaced with provolone to save money

BONUS BREADSTICK INGREDIENTS

- 2 large zucchini
- Minced garlic
- Eggs
- Extra mozzarella cheese
- Red pepper flakes, fresh basil (optional garnish)

ITEMS YOU MIGHT ALREADY HAVE

Spices: Salt, Pepper, Italian seasoning, Garlic powder

Misc: Oil, Baking powder

WEEKLY KETO LUNCH IDEAS

MON

Italian Pinwheels

Makes 8 servings (5 pinwheels each)
4.5 net carbs each

TUE

Italian Chopped Salad

Makes 6;
5.6 net carbs each

WED

Whipped Feta + Charcuterie

Makes 8 servings (1/4 cup each);
0.8 net carbs
+ meat, cheese, charcuterie carbs

THU

Italian Sausage Balls

Makes 28 balls;
0.8 net carb each

FRI

Italian Lettuce Wrap

1 wrap;
3.8 net carb each

S / S

Bonus Recipe

Cheesy Keto Zucchini Breadsticks

Makes 12 breadsticks;
1.9 net carb each

NOTES