

WEEK 8 LUNCH GROCERY LIST

PRODUCE

- 1 package salad mix*
- 1 head iceberg lettuce*
- 1 red onion
- 3 tomatoes or 1 pint cherry tomatoes
- 1 avocado
- 1 bell pepper
- 1 bunch radish
- 2 medium zucchini

COLD

- Shredded cheddar*
- Cheddar cheese sticks or cubes*
- Sliced provolone (or another sliced cheese you may prefer for your roll ups)
- Shredded parmesan
- Shredded pecorino romano
- Butter
- Sour cream
- Egg

*Or buy 1 8-ounce block cheddar, then cube + shred as needed to save money.

MEATS

- 2 pounds ground beef or turkey
- 1 package deli turkey (add another deli meat if you want a variety of rollups)

PANTRY

- 1 (1 ounce) Ranch seasoning packet
- Mayonnaise
- Pork rinds
- Hot sauce
- Pickles, pepperoncini, olives, etc. for rollups

BONUS ROLL UP INGREDIENTS

- Cheese wraps
- Boursin Garlic & Herb Cheese
- 1 bunch fresh spinach

ITEMS YOU MIGHT ALREADY HAVE

Spices: Salt, Pepper

Misc: Oil, Baking powder

WEEKLY KETO LUNCH IDEAS

MON

Cacio e Pepe Zoodles

Makes 2 servings
2 net carbs each

TUE

Cheddar Stuffed Meatballs

Makes 24 meatballs;
0.6 net carbs each

WED

Keto Taco Salad

Makes 4 servings;
7.5 net carbs each

THU

Turkey Lettuce Wrap

Makes 1 wrap;
4.2 net carb each

FRI

Easy Lunch Roll Ups

Makes 3+ roll ups;
1+ net carb each

S / S

Bonus Recipe

Turkey Roll Ups

Makes 1 wrap;
3.9 net carb each

NOTES