

# WEEK 9 LUNCH GROCERY LIST

## PRODUCE

- 2 bell peppers (1 green, 1 red)
- 2 lemons, 2 limes
- 1 red onion, 1 yellow onion
- 2 jalapenos
- 1 avocado
- 1 head garlic
- 1 head broccoli
- 1 zucchini
- 1 pound asparagus
- 2 pints cherry tomatoes
- 1 pound mini sweet peppers
- Fresh basil, dill

## MEATS

- 3.5 pounds boneless, skinless chicken
- 1 pound keto-friendly smoked sausage

## PANTRY

- 1 (1 ounce) Ranch seasoning packet
- Pepperoncini
- Dijon mustard
- Rice vinegar

## COLD

- Shredded mozzarella
- Bocconcini mozzarella
- Butter
- Low-carb Greek yogurt
- Cream cheese

### BONUS MOZZARELLA STICK INGREDIENTS

- Mozzarella sticks
- Eggs
- Almond flour
- Pork rinds
- Garlic salt, dried parsley, and Italian seasoning

### ITEMS YOU MIGHT ALREADY HAVE

**Spices:** Salt, Pepper, Garlic powder, Cumin, Chili powder, Cajun seasoning

**Misc:** Oil, Baking powder

# WEEKLY KETO LUNCH IDEAS

MON

## Sheet Pan Fajitas

Makes 4 servings  
4.4 net carbs each

TUE

## Cheesy Chicken Stuffed Peppers

Makes 4 servings;  
4.4 net carbs for 6-7 peppers

WED

## Asparagus Salad

Makes 8 servings;  
3.9 net carbs per cup

THU

## Greek Chicken Kabobs

Makes 8 skewers;  
3.5 net carb per 2 skewers

FRI

## Sausage Veggie Sheet Pan

Makes 4 servings;  
6.2 net carb each

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### Bonus Recipe

## Mozzarella Sticks

Makes 24 mozzarella sticks;  
1.8 net carbs per 2

## NOTES