

GROCERY LIST

MEATS

- 4 pounds boneless, skinless chicken
- 1.5 pounds Italian sausage
- 1 pack pepperoni
- 1 pound deveined, peeled shrimp

PRODUCE

- 4 large bell peppers
- 2 heads garlic
- 1 zucchini
- 2 cups spinach
- 1 bunch green onions
- 1 bunch celery
- 1 small head cauliflower

BONUS BAGEL INGREDIENTS

- Almond flour
- Coconut flour
- 1 more package cream cheese
- 1 more package shredded mozzarella
- Eggs
- Everything Bagel seasoning (optional)

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Italian seasoning, Onion powder, Garlic powder, Chili powder, Paprika, Red pepper flakes

Misc: Cooking spray, Olive oil, Baking powder

PANTRY

- 1 jar low carb marinara (20+ ounces)
- 1 (32 ounce) carton chicken broth + 1 can beef broth
- 1 (4 ounce) can mild green chilies
- Mayonnaise
- Ranch dressing (low carb)
- Dry ranch seasoning
- Buffalo sauce

COLD

- 2 (8 ounce) package cream cheese
- 1 (16 ounce) package shredded cheddar
- 1 (16 ounce) package shredded mozzarella
- Sour cream
- Butter
- Heavy cream

WEEKLY MEAL PLAN

MON

One Pan Keto Lasagna Skillet

Makes 4 servings;
4.3 net carbs

TUE

Instant Pot Buffalo Chicken Soup

Makes 8 servings;
4.7 net carbs per bowl

WED

Pizza Stuffed Peppers

Makes 4 servings;
4.9 net carbs each

THU

Cheesy Chicken Bake

Makes 6 servings;
3.4 net carbs each

FRI

Keto Shrimp & Grits

Makes 4 servings;
4.4 net carbs each

S / S

Bonus Recipe: Keto Bagels

Makes 8 bagels;
3.4 net carbs each

NOTES