

# GROCERY LIST

## MEATS

- 2 (2-inch) thick cut pork chops
- 2.5 pounds boneless, skinless chicken breast (or 1.5 pounds + 1 rotisserie chicken)
- 1 pound Italian sausage
- 1 pound uncooked lobster claw meat

## PRODUCE

- 1 pound Baby Bella mushrooms
- 2 heads Garlic
- 2 pounds Sweet peppers
- 1 Onion
- 1 Lemon
- Carrots
- Celery
- Chives
- Parsley

## PANTRY

- 1 (32 ounce) carton seafood stock
- 1 (6 ounce) jar pesto
- Almond flour
- Pork rinds
- Dry white wine
- Tomato paste
- Mayonnaise
- Balsamic vinegar
- Steak marinade
- Low-carb marinara sauce

## COLD

- 1 (8 ounce) package shredded mozzarella
- Unsweetened almond milk
- Grated parmesan
- Eggs
- Butter
- Heavy cream

### BONUS BROWNIE INGREDIENTS

- Monkfruit sweetener (or Swerve)
- Cocoa powder
- Sugar-free chocolate chips

### BONUS FRAPPUCCINO INGREDIENTS

- Monkfruit sweetener (or Swerve)
- Coffee
- Vanilla extract

### ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Garlic powder, Onion powder, Garlic salt, Italian seasoning, Old Bay, Paprika

**Misc:** Cooking spray, Olive oil, Baking powder

# WEEKLY MEAL PLAN

MON

Cast Iron Pork Chops with  
Mushrooms

Makes 2 servings;  
8.1 net carbs

TUE

Keto Chicken Nuggets

Makes 5 servings;  
3.2 net carbs

WED

Lobster Bisque

Makes 6 servings;  
7.5 net carbs each

THU

Italian Meatballs

Makes 4 servings (6 meatballs each);  
3.9 net carbs per serving

FRI

Chicken Pesto Stuffed Peppers

Makes 4 servings (4-5 peppers each);  
5.1 net carbs per serving

S / S

**Bonus Recipe:**

**Air Fryer Brownie for One**

Makes 1 brownie  
4.9 net carbs each

**Bonus Recipe:**

**Keto Coffee Frappuccino**

Makes 1 drink  
1.9 net carbs each

## NOTES

---