

GROCERY LIST

MEATS

- 2 pounds boneless skinless chicken breast
- 1 pound ground beef or ground turkey
- 1 (12 ounce) package smoked sausage
- 1 pound ground sausage (breakfast or Italian - used for the ravioli and sausage rolls)
- Bacon (4 slices needed)

PRODUCE

- 1 head of cabbage
- 1 head garlic
- 2 green bell pepper
- 1 bunch baby spinach
- 1 bunch celery
- 1 small onion
- 2 large lemons
- 1 bunch green onions

PANTRY

- Low Carb Marinara
- Ranch Dressing
- Buffalo Sauce
- 1 (14.5 ounce) can beef broth
- 1 (32 ounce) carton chicken broth
- 1 (7 ounce) can tomato paste
- Coconut flour
- Swerve sweetener (Confectioners)
- Almond flour
- Ground Flax Meal

COLD

- 2 packages Shredded Cheddar Cheese
- 1 package Shredded Mozzarella Cheese
- 2 (8 ounce) package Cream Cheese
- Butter
- Eggs
- 1 package Mozzarella Slices (I use Sargento brand)

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Onion powder, Garlic powder, Salt, Pepper, Paprika,

Misc: Cooking Spray, Foil, Mustard, Silicone Baking Sheet ([link in post](#))

WEEKLY MEAL PLAN

MON

One Pan Sausage Cabbage Skillet

Makes 4 servings
5.7 net carbs per serving

Keto Dessert

Lemon Bars, 2.4 net carbs. 12 bars total.

TUE

Keto Ravioli

Makes 4 servings
1.3 net carbs per serving
Steamed, buttered broccoli would be a great side (ingredients not included on list)

NOTES

WED

Buffalo Chicken Soup

Makes 8 servings
4.7 net carbs per serving

THU

Sausage Cream Cheese Rolls and Scrambled Eggs

Makes 10 rolls
2 net carbs per roll

FRI

One Pan Bacon Cheeseburger Skillet

Makes 4 servings
3.6 net carbs per serving

S / S