

GROCERY LIST

MEATS

- 1 1/2 pounds boneless skineless chicken breast
- 2 pounds ground beef
- 12 ounces Smoked Sausage
- 1 pound Italian sausage
- 1 1/2 pound flank steak or thinly sliced top round steak

PRODUCE

- 1 small onion
- 1 red bell pepper
- 1 green bell pepper
- 3 fresh jalapeños
- 1 head of garlic
- 1 head of cabbage
- 1/2 pound fresh green beans

Bonus Keto Frappuccino Ingredients:

Coffee, Unsweetened Almond Milk, Vanilla Extract, Swerve Sweetener or other keto friendly sweetener

PANTRY

- 1 (32 ounce) container chicken broth
- 1 (32 ounce) container beef broth
- 1 (10 ounce) can tomatoes with green chilies
- 1 (15 ounce) can tomato sauce
- 1 (6 ounce) can of tomato paste
- Coconut flour (almond flour can be substituted)
- Low carb marinara (such as Rao's)

COLD

- Heavy cream
- Butter
- Shredded Cheddar Cheese
- Shredded Mozzarella Cheese
- Eggs
- 1 (8 ounce) package Cream Cheese

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Cumin, Chili Powder, Garlic Powder, Oregano, Italian Seasoning, Salt and Pepper

Misc: Cooking Spray, Baking Powder, Low Carb Steak Marinade

WEEKLY MEAL PLAN

MON	<h2>One Pan Jalapeno Chicken</h2> <p>Makes 4 servings 5 net carbs</p>
TUE	<h2>Keto Chili</h2> <p>Makes 8 servings 8.5 net carbs per 1 1/2 cup</p>
WED	<h2>Steak Rolls</h2> <p>Makes 4 servings 4 net carbs per 4 rolls</p>
THU	<h2>One Pan Sausage & Cabbage</h2> <p>Makes 4 servings 5.7 net carbs</p>
FRI	<h2>Keto Pizza Bites</h2> <p>Makes 30 bites 0.8 net carbs each</p>
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Bonus Recipe:
Keto Coffee Frappuccino

- No Cook Snack Suggestions**
- Pepperoni Slices
 - Mozzarella Sticks
 - Olives
 - Hard Boiled Eggs
 - Almonds
 - Jerky
 - Tuna Salad

NOTES