

WEEK 10 LUNCH GROCERY LIST

MEATS

- 1.5 pounds boneless, skinless chicken
- 2.5 pounds keto-friendly Italian sausage

PRODUCE

- 1 head garlic
- 14 large jalapenos

PANTRY

- Coconut flour
- Almond flour
- Low carb marinara
- Pepperoni
- Mayonnaise
- Pork rinds

COLD

- 2 (8 ounce) bags shredded mozzarella
- 1 (8 ounce) bag shredded cheddar
- Butter
- Eggs
- 2 (8 ounce) packages cream cheese
- 1 (12 ounce) bag frozen spinach

ITEMS YOU MIGHT ALREADY HAVE

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

Misc: Oil, Baking powder

BONUS COOKIE INGREDIENTS

- Duncan Hines keto yellow cake mix
- Eggs
- Lily's sugar-free chocolate chips

NOTES

WEEKLY KETO LUNCH IDEAS

MON

Spinach & Cheese Bites

Makes 30 bites;
0.8 net carbs each

TUE

Keto Pizza Bagels

Makes 6 bagels;
4.6 net carbs each

WED

Sausage Stuffed Jalapeno
Poppers

Makes 7 servings (4 poppers each);
2.4 net carbs per serving

THU

Pizza Bites

Makes 30 bites;
0.8 net carb each

FRI

Keto Chicken Tenders

Makes 6 servings (2 tenders each);
1.1 net carb each

S / S

Bonus Recipe

Cake Mix Cookies

Makes 30 cookies;
1.1 net carbs each

NOTES