

WEEK 2 DINNER GROCERY LIST

MEATS

- 1 pound boneless, skinless chicken breast
- 1 pound ground beef
- 1 pound bacon
- 1 pound Italian sausage links
- 1 pound Italian sausage, ground
- 1 1/2 pound boneless pork chops

COLD

- 1 (8 ounce) package cream cheese
- Shredded cheddar
- Shredded mozzarella
- Parmesan cheese
- Sour cream
- Eggs
- Butter

BONUS FUDGE INGREDIENTS

- Low carb peanut butter

ITEMS YOU MIGHT ALREADY HAVE

Onion powder, Garlic powder, Salt, Pepper, Italian seasoning, Cooking spray, Baking powder, Mustard, Olive oil

PANTRY

- 1 small jar pepperoncini peppers
- 1 (32 ounce) container beef broth
- 1 (1 ounce) dry Ranch dressing seasoning packet
- 1 (6 ounce) can tomato paste
- Soy sauce
- Rice vinegar
- Sesame oil
- Coconut flour (or almond flour)
- Low carb marinara
- Sriracha (optional)
- Brown sugar Swerve or monk fruit sweetener

PRODUCE

- 1 small onion
- 1 medium zucchini
- 2 cups fresh baby spinach
- 1 bunch green onions
- 1 head garlic
- 2 pounds fresh green beans
- 1 inch piece fresh ginger

WEEK 2 EASY KETO DINNER MEAL PLAN

MON

Bacon Cheeseburger Skillet

Makes 4 servings;
3.6 net carbs each

TUE

Sheet Pan Sausage & Green Beans

Makes 5 servings;
5.9 net carbs each
(1 sausage + 3/4 cups green beans)

WED

One Pan Lasagna

Makes 6 servings;
4.3 net carbs each
(1 cup)

THU

Sesame Pork & Green Beans

Makes 4 servings,
5.1 net carbs each

FRI

Slow Cooker Ranch Chicken

Makes 6 servings;
3 net carbs each
(3/4 cup)

S / S

Bonus Recipe

Keto Peanut Butter Fudge

Makes 21 slices;
2.2 net carb each

NOTES