

# WEEK 2 LUNCH GROCERY LIST

## MEATS

- 1 9-ounce package deli turkey
- 1-2 packages bacon (at least 10 slices)
- 1 package pepperoni

## COLD

- 1 16-ounce package shredded mozzarella
- 1 package cheese wraps
- 1 8-ounce bag sharp cheddar cheese cubes
- Boursin Garlic and Herb Cheese (or your favorite soft, seasoned cheese spread)
- Eggs

### BONUS SHRIMP INGREDIENTS

- 1 pound cooked cocktail shrimp
- Fresh herbs (basil, oregano, thyme, rosemary... Whatever you prefer)

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## PANTRY

- almond flour
- mayonnaise
- low-carb pizza sauce
- ranch dressing
- granular monk fruit or other keto-friendly sweetener
- apple cider vinegar

## PRODUCE

- 1 tomato
- 1 head lettuce (preferably romaine or iceberg)
- 1 avocado
- 2 large or 3 medium heads broccoli
- 1 red onion
- 1 bunch spinach
- Salted almonds

### ITEMS YOU MIGHT ALREADY HAVE

**Spices:** Salt, Pepper, Thyme, Garlic Powder, Onion Powder

**Misc:** Olive oil, Baking powder

# WEEKLY KETO LUNCH IDEAS

MON

## Turkey Club Sandwich

Makes 1 sandwich;  
4.6 net carbs each

TUE

## Chaffle Pizzas

Makes 6 pizzas;  
1.8 net carbs each

WED

## Turkey Roll-Up

Makes 1 roll-up;  
3.9 net carbs each

THU

## Broccoli Salad with Bacon

Makes 11 servings (1 cup each),  
4.2 net carbs each

FRI

## Turkey Wrap

Makes 1 wrap;  
3 net carbs each

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### Bonus Recipe

## Marinated Shrimp

Makes 4 servings (1/4 pound);  
0.5 net carb each

## NOTES

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