

WEEK 4 DINNER GROCERY LIST

MEATS

- 2.5 pound boneless, skinless chicken breast
- 3 pounds ground beef or ground turkey
- 1 6-ounce) package salmon

PANTRY

- 1 (8 ounce) can tomato sauce
- 1 (1 ounce) package taco seasoning
- 2 (10 ounce) can tomatoes with green chilies
- 1 (7 ounce) tomato paste
- 1 (4 ounce) can green chilies
- Low carb ranch dressing
- Buffalo sauce
- Coconut flour*
- Almond flour
- Brown sugar Swerve sweetener
- Unsweetened shredded coconut
- Shelled hemp seeds OR coconut flakes
- Soy sauce
- Rice vinegar
- Sesame oil
- Cashews*

PRODUCE

- 3 medium zucchini
- 1 small white onion
- 1 head garlic
- 1 green bell pepper
- 2 fresh jalapenos
- 1 head cabbage
- 1 bunch green onions
- 1 pound green beans

COLD

- 1 (16 ounce) package shredded cheddar
- 1 (16 ounce) package shredded mozzarella
- Eggs
- 1 (8 ounce) package cream cheese
- Parmesan cheese
- Heavy cream

ITEMS YOU MIGHT ALREADY HAVE

Onion powder, Garlic powder, Salt, Pepper, Italian seasoning, Garlic salt, Chili powder, Old Bay
Cooking spray, Baking powder, Coconut oil, Mayonnaise

*Optional. Cashews are garnish, and coconut flour can be replaced with almond flour to save money.

WEEK 4 EASY KETO DINNER MEAL PLAN

MON

One Pan Cabbage Casserole

Makes 6 servings;
7.4 net carbs each

TUE

Keto Taco Soup

Makes 8 servings;
5.3 net carbs each

WED

Buffalo Chicken Zucchini Boats

Makes 4 boats;
4 net carbs each

THU

Sesame Chicken Stir Fry

Makes 4 servings,
2 net carbs each

FRI

Salmon Patties

Makes 5 patties;
4 net carb each

S / S

Bonus Recipe

No Bake Cookies

Makes 48 cookies;
1 net carb each

NOTES

BONUS COOKIE INGREDIENTS

- Low carb peanut butter
- Cocoa powder
- Unsweetened coconut flakes
- hulled hemp seeds*

ITEMS YOU MIGHT ALREADY HAVE

Onion powder, Garlic powder, Salt, Pepper, Italian seasoning, Garlic salt, Chili powder, Old Bay, Cooking spray, Baking powder, Coconut oil, Mayonnaise