

WEEK 4 LUNCH GROCERY LIST

MEATS

- 3 pound boneless, skinless chicken
- 1 package bacon
- 1-2 package favorite deli meat*
- 1 (6-8 ounces) deli pepperoni
- 1 package deli turkey

*Pepperoni and turkey will work in the rollups if you'd like to save money.

PANTRY

- 1 (1 oz package Hidden Valley Ranch seasoning
- Zero-carb street taco tortillas
- Buffalo sauce
- Almond flour
- Pesto sauce
- Mayonnaise
- Pepperoncini peppers
- Pickles (cut into chips)

BONUS CHIP INGREDIENTS

- Pepperoni (pizza sized or deli sized)

COLD

- 1 8-ounce package shredded cheddar**
- 1 package cherry-size fresh mozzarella balls
- 3 8-ounce package cream cheese
- 1 package mozzarella or provolone cheese slices
- 1 package cheddar cheese cubes**
- Eggs
- 1-2 favorite cheeses**

**A large block of cheddar could be shredded, cubed, and used in rollups to save money.

PRODUCE

- 1 pint cherry tomatoes
- 1 bunch spinach
- 1 bunch green onions
- 1 small bunch basil leaves

ITEMS YOU MIGHT ALREADY HAVE

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

Misc: Oil, Baking powder

WEEKLY KETO LUNCH IDEAS

MON

Buffalo Chicken Bites

Makes 24 bites;
0.8 net carbs each

TUE

Lunch Skewers

Makes 2 types, 4 skewers each;
4.7 net carbs for all

WED

Pepperoni Wraps

Makes 2 wraps;
5.2 net carbs per wrap

THU

Crockpot Crack Chicken

Makes 8 servings;
1 net carb each

FRI

Lunch Rollups

4-6 rollups;
1+ net carb each

S / S

Bonus Recipe

Keto Tortilla Chips

Makes 7 servings (8 chips each);
0 net carb each

Keto Pepperoni Chips

Makes 8 servings (14 chips each);
0 net carb each

NOTES