

## **KETO Meal Plan Weeks 1 & 2**

### **Dinner**

Sheet Pan Fajitas

Baked Salmon and Twice baked Cauliflower Casserole (*p.252 Simply Keto*)

Cauli Burrito Bowl

Spaghetti Squash Alfredo with Turkey Meatballs

Chicken Strips & Broccoli Bites

Zucchini Noodles with Turkey Marinara Sauce

Avocado Cheese Burgers

Turkey Cheese Cucumber Rolls (*Clean Food Crush*) & Zucchini Chips

Turkey Sloppy Joes

Copypat Lettuce Wraps (*Clean Food Crush*)

Squash Soup & Cheese Crisps (*p.128 Simply Keto*)

### **Breakfast**

Broccoli Bacon Cheese Egg Muffins (*p. 92 Simply Keto*)

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### **Ideas for Breakfast - Lunch - Snack**

Left Overs

Smoothies

Cream Cheese Pancakes

Eggs

Fat Bombs

Pickles

Nuts

String Cheese

Sausage

Beef Jerky

Green Tea

Cheese Crisp Crackers

Cheese Dip & Cucumbers

Celery & Peanut Butter

Hard Boiled Eggs

Tuna Salad

Egg Salad

Jello (Keto style)

Jello Popsicles

## **KETO Meal Plan Weeks 1 & 2 Grocery List**

### **PRODUCE**

Butter Lettuce  
Romaine 4cups  
Cherry Tomatoes 1cup  
Peppers (yellow) 1  
Peppers (red) 3  
Peppers (any color) 1  
Summer Squash 2  
Zucchini 8  
Spaghetti Squash 1  
Cucumbers 2  
Lime Juice 2tsp  
Garlic Cloves 28  
Parsley  
Basil 2 TBSP  
Ginger 3tsp  
Green Onions ½ cup  
Onion (white) 3.5  
Avocado 4  
Broccoli 3 cups  
Cauliflower 1 heads  
Cauliflower Rice 16 ounces  
Lemon Juice 1tsp

### **OTHER**

Vegetable Broth 1.5 cup  
Tomato Sauce 8 ounces  
Tomato Paste 6 ounces  
Marinara Sauce 1 jar  
Water Chestnuts 8 ounces  
Salsa 2 cup

### **MEAT/DAIRY**

Butter 2.5 TBSP  
Almond Milk 2 cups  
Eggs 14  
Salmon 3  
Chicken Tenders 2lb  
Turkey Meatballs  
Avocado Mayo 1/3 cup

Parmesan Cheese 3+ cups  
Cheddar Cheese Shredded 8.5 cups  
Cheddar Slices 4  
Provolone Slices 8  
Cream Cheese 6 ounces  
Sour Cream 2 cups  
Turkey Slices 8  
Ground Turkey 3lbs  
Ground Beef 1lb  
Bacon Slices 20

### **CHECK AT HOME**

Coriander  
Chili Powder  
Cinnamon  
Cayenne Pepper  
Cumin  
Paprika  
Parsley  
Garlic Powder  
Nutmeg  
Salt and Pepper  
Coconut Oil  
Olive Oil  
BBQ Sauce  
Worcestershire Sauce  
Soy Sauce  
Rice Vinegar  
Honey  
Cooking Spray  
Almond Flour  
Almond Meal  
Avocado Oil  
Mayo