

KETO Meal Plan Weeks 7 & 8

Dinner

Homemade Chicken Soup
Santa Fe Chicken Soup
Tuna Cucumber Wraps
Sausage Vegetable Skillet
Pizza Stuffed Peppers
Stuffed Zucchini Wrapped with Bacon
Avocado Egg Salad
Mexican Zucchini Bowl
Greek Egg Muffins with Bacon
Almond Halibut with Lemon and Broccoli
Cheeseburgers with Avocado

Breakfast

Cream Cheese Pancakes

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 7 & 8 Grocery List

PRODUCE

Butter Lettuce 2
Spinach 2 cups
Lime 1
Cherry Tomatoes 1 cup
Tomato 1
Celery 1/4 stalk
Carrot shredded 2 cups
Green Onion 2 cups
Zucchini 6
Summer Squash 2
Broccoli 1 head
Cucumber 1
Avocado 3
Onion 2
Peppers (any color) 7
Basil 4tbsp
Garlic Cloves 24
Cilantro 1 TBSP
Parsley 2 TBSP

MEAT/DAIRY

Ground Beef 2lbs
Ground Turkey 1lb
Sausage Links 1lb
Bacon 40 slices
Pepperoni 16 slices
Halibut 1lb
Mozzarella Cheese shredded 2 cups
Pepper Jack Cheese 8oz
Parmesan Cheese shredded 1.5 cups
Cheddar Cheese 4 slices
Provolone 4 slices
Feta ½ cup
Cream Cheese 16 oz
Butter 3TBSP
Eggs 16
Plain Yogurt ¼ cup

OTHER

Chicken Broth 64 ounces
Canned Chicken 12.5 ounces
Tuna 2 cans
Salsa 16oz
Diced Tomatoes w/Green Chilies 10oz
Pizza Sauce 14oz
Erythritol 3tsp
Almonds chopped 1 cup

CHECK AT HOME

Mayo
Sour Cream
Mustard
Olive Oil
Lemon Juice
Italian Seasoning
Chili Powder
Cumin
Oregano
Salt & Pepper
Corriander
Paprika
Basil
Thyme
Garlic Powder
Cinnamon
Coconut Oil