

KETO Meal Plan Weeks 5 & 6

Dinner

Taco Stuffed Squash Boats (*Clean Food Crush*)
Pesto Chicken Kabobs
Cauliflower Soup* (*p.240 Simply Keto*)
Crustless Pizza Casserole
Zucchini Lasagna
Spinach Cobb Salad
Cream Cheese Chicken Lettuce Wraps
Meatballs & Marinara
Mexi Bowl
Salmon Baked w/butter and lemon & Zucchini Squash Au gratin
Cheeseburgers with Avocado

Snacks

Loaded Deviled Eggs (*p.140 Simply Keto*)

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 5 & 6 Grocery List

PRODUCE

Butter Lettuce
Shredded Lettuce 2 cups
Spinach 8 cups
Summer Squash 7
Zucchini 6
Yellow Onion 1.5
White Onion 1.5
Red Onion .5
Red Pepper 3
Green Pepper 1
Avocado 6
Cherry Tomatoes 5 cups
Cauliflower 2 large
Cucumber
Tomato 2
Lime
Cilantro ¼ cup
Garlic Cloves 14
Green Onions 6
Basil 2TBSP
Parsley 1 bunch

MEAT/DAIRY

Ground Turkey 3lbs
Ground Beef 1lbs
Turkey Sausage 1lb
Chicken Breast 2
Bacon 21 slices
Peperoni 16 slices
Salmon 1lb
Parmesan Cheese Shredded 3 cup
Cheddar Cheese Shredded 8 cups
Cream Cheese 6oz
Mozzarella Cheese Shredded 3-4 cups
Cheddar Cheese Slices 4
Ricotta 15oz
Eggs 10
Heavy Cream 1.5 cups
Butter 2 sticks
Turkey Meatballs 20 frozen

OTHER

Tomato Sauce 4oz
Salsa 3.5 cups
Marinara Sauce 2 jars
Pesto 10oz
Chicken Broth 4 cups
Walnuts .5 cups
Chicken Cans 12.5 ounces 2
Diced Tomatoes & Green Chilies 10oz

CHECK AT HOME

Taco Seasoning
Olive Oil
Garlic Powder
Salt & Pepper
Ketchup
Mustard
Mayo
Sour Cream
Canned Chicken 2
Skewers
Ranch
Oregano
Basil
Italian Seasoning