

# 5 DAYS OF LOW CARB MEALS GROCERY LIST

## Meat

2 lbs. Ground Beef  
3.5 Chicken Breast Meat, raw  
20 Pepperoni slices  
4 Slices Bacon  
1 lb. Mild Italian Sausage (uncooked, in casings)

## Produce

4 Cloves Garlic  
3 medium sized Zucchini  
2 White Onions  
1 Red Onion  
4 Bell Peppers (any color desired)  
Lemon Juice  
1 Head Cabbage  
Fresh Parsley  
Broccoli (8 oz. chopped)  
Cherry Tomatoes  
8 oz. Brussels Sprouts  
Lettuce cups for Fajitas

## Frozen

7 cups Cauliflower, Riced

## Refrigerated

½ cup Parmesan Cheese, grated  
1.5 cups Mozzarella Cheese, grated  
2 eggs  
8 oz. Cream Cheese, Plain  
8 oz. Cream Cheese, Onion & Chive flavor

## Pantry

1 cup Marinara Sauce  
32 ounces Beef Broth  
Olive Oil  
2.25 oz. can Black Olives, sliced  
2-14.5 oz. cans Diced Tomatoes  
6 oz. can Tomato Paste  
32 oz. Beef Broth

## Seasoning

Salt & Pepper  
Italian Seasoning  
Garlic Powder  
Oregano  
Chili Powder  
Paprika  
Onion Powder  
Garlic Powder  
Ground Cumin  
Cajun Seasoning



## Zucchini Pizza Casserole

(Yields 8 servings)

### **Ingredients:**

4 cups Zucchini, shredded (about 3 medium sized zucchini)  
1/4 tsp. Salt  
1/2 cup Parmesan Cheese, grated  
2 Eggs  
1 tsp. Italian Seasoning  
1/2 tsp. Garlic Powder  
1 and 1/2 cups Mozzarella Cheese, shredded  
1 lb. Ground Beef  
1 cup Marinara Sauce  
1/2 White Onion, chopped  
2 TBSP. Olive Oil  
20 Pepperoni slices (about 1 oz.)  
1- 2.25 oz. can Black Olives, Sliced

### **Directions:**

- Shred zucchini with a box shredder and place in a strainer or colander with salt. Press down to drain as much water as possible. Let sit for 10 minutes.
- Mix zucchini with eggs, parmesan cheese, garlic powder, Italian seasoning, and half of the mozzarella cheese. Press into a greased 13×9-in baking dish.
- Bake uncovered in the oven for 20 minutes at 400 degrees.
- In a skillet, sauté onion with olive oil and brown ground beef until no longer pink. Drain meat if necessary.
- Mix marinara sauce with cooked ground beef, and spoon over the zucchini mixture.
- Sprinkle the remaining mozzarella cheese over the meat. Top with pepperoni and olives.
- Place back in the oven for another 15-20 minutes until cheese is melted.



# FREE MEAL PLAN

LOW CARB

## Easy Skillet Chicken Fajitas

(Yields 4-5 servings)

### **Ingredients:**

1.5 lbs. Fresh Chicken Breasts, sliced into strips  
2 Bell Peppers, any color sliced  
1/2 Red Onion, sliced  
3 Tablespoons Olive or Canola Oil, divided  
1 Tablespoon Lemon juice  
1.5 Teaspoons Ground Cumin  
1 teaspoon Garlic Powder  
1 teaspoon Dried Oregano  
1/2 teaspoon Chili Powder  
1/2 teaspoon Paprika  
Salt & Pepper to taste  
For Serving: Lettuce cups, avocado, cheese, hot sauce, ect

### **Directions:**

- In a large skillet, sauté peppers and onions with 1 1/2 tablespoons of oil until crisp-tender, remove from skillet, and set aside.
- In the same skillet, heat remaining oil, and add chicken. Stir in seasonings and lemon juice. Cook over medium-high heat for 5-6 minutes or until no longer pink.
- Return pepper mixture to pan and heat through.
- Serve on top of lettuce cups with any desired low carb topping such as avocado, cheese, and favorite hot sauce.



## Slow Cooker Low Carb Cabbage Roll Soup

(Yields about 12 cups)

### **Ingredients:**

2 TBSP Olive Oil  
4 Cloves Garlic, minced  
1/2 White Onion, chopped  
1 lb. ground beef  
4 Cups Beef Stock  
1 tsp Italian Seasoning  
1 tsp smoked paprika  
2 tsp garlic powder  
1 tsp onion powder  
1/2 tsp salt  
1/2 tsp black pepper  
2- 14.5 oz. cans diced tomatoes, drained  
6 oz. can tomato paste  
3 TBSP fresh parsley, chopped  
1 head cabbage, halved and sliced  
3 cups riced cauliflower, frozen

### **Directions:**

- Heat olive oil inside a skillet on the stove with onion and garlic, and cook until onion is translucent.
- Add ground meat, cook and drain excess grease, and transfer to slow cooker.
- Add broth, diced tomatoes, tomato paste, spices, parsley, and cabbage, and riced cauliflower.
- Cover and cook in slow cooker on HIGH for 3-4 hours, or LOW for 6.
- Note: Can alternatively simmer in a pot on the stove for 30-40 minutes instead of slow cooker.



## *Slow Cooker Cream Cheese "Crack" Chicken*

(Yields about 6 servings)

### **Ingredients:**

- 2 lb. Chicken breast meat
- 4 tablespoons Italian seasoning
- 8 oz. Cream Cheese, Plain
- 8 oz. Cream Cheese, Onion & Chive flavor
- 4 Bacon Slices, Cooked, Crumbled
- 4 cups Cauliflower, Riced (or desired amount for serving)
- 8 oz. Broccoli, chopped
- Shredded Parmesan Cheese (optional topping)

### **Directions:**

- Place raw chicken, cream cheese, and seasoning packet into a slow cooker. Cover, and cook on HIGH for about 3- 4 hours or LOW for 6-8 until chicken is tender and can be shredded. (Mine was done at 3.5 hours on HIGH.)
- 15 minutes before serving add broccoli to slow cooker.
- Fry bacon in a skillet on the stove, drain, and set aside.
- Place riced cauliflower in skillet with a tiny amount of bacon grease and cook for a few minutes on medium heat until tender.
- Shred chicken, stir sauce, and serve on top of cauliflower rice with crumbled bacon and parmesan cheese if desired.
- Note: If sauce becomes too thick, just stir in a little cream or milk to thin.



## *Italian Sausage & Veggies Sheet Pan Meal*

(Yields 4-5 Servings)

### **Ingredients:**

1 lb. Mild Italian Sausage (uncooked, in casings)  
3 Bell Peppers, thickly sliced (Use whichever colors desired)  
1 white onion, thickly sliced  
1 cup cherry tomatoes  
8 oz. Brussels Sprouts, trimmed  
1 TBSP. Olive Oil  
1/2 tsp. Cajun seasoning  
Salt & Pepper to Taste

### **Directions:**

- Line a sheet pan with parchment paper.
- Cut sausage in fourths and place on pan with cut veggies.
- Toss with olive oil, season, and Bake at 425 degrees for about 30-35 minutes until sausage is cooked through.