

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
1 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