

HIP2KETO 30 DAY CHALLENGE

Five Nights of Dinners Shopping List - Week #4

MEAT

bacon (4 slices)
5 lb whole chicken
2 lbs ground beef
1 1/4 lb flank steak
1 lb cooked shrimp

PRODUCE

2 large heads cauliflower
1-2 bulbs garlic (9 cloves)
3 medium onions
1 lb brussels sprouts
1 bunch parsley (divided)
1 bunch celery
mushrooms (1/2 cup, chopped)
3 medium zucchinis
1 red bell pepper
6 green bell peppers
1 lemon (or 1 tbsp lemon juice)

DAIRY & EGGS

1 stick butter (8 tbsp)
heavy cream (1/4 cup)
shredded sharp cheddar cheese (1 cup)
smoked gouda cheese (1/2 cup shredded)

DAIRY & EGGS continued...

provolone cheese slices (12)
shaved parmesan (optional for scampi topping)

PANTRY

spicy mustard
pork rinds (approx 1.5-2 oz for 1/2 cup crushed)
28 oz can diced tomatoes
15 oz can chicken broth
olive oil

SPICES & BAKING

salt
black pepper
Goya Sazón packet
red pepper flakes
paprika
garlic powder
Italian seasoning
garlic salt