

5 NIGHTS OF EASY KETO DINNER IDEAS

GROCERY LIST

PANTRY

- Swerve confectioner's
- 16 oz. jar chipotle chili salsa
- 7 oz. can diced green chilis
- 3 oz. package pork rinds (optional)
- 28 oz. can diced tomatoes
- 32 oz. beef broth

MEAT

- 1.5 pounds thin chicken breasts
- 4 cups cooked shredded or cubed chicken
- 16 oz. package bacon
- 2 - 2.25 lb. package 80/20 ground beef
- 1.5 lb ribeye steak
- 8 oz. package deli ham

PRODUCE

- 8 oz. package button mushrooms
- 8 oz. package sliced white mushrooms
- Scallions (optional)
- 2 yellow onions
- 4 medium zucchinis (3 must be spiralized so purchase pre-cut if you don't have a spiralizer)
- 1 avocado
- 1 tomato (optional)
- 2 green bell peppers
- Fresh thyme leaves
- Fresh mint leaves
- Fresh parsley
- 1 garlic bulb
- 1 celery bunch

REFRIGERATED SECTION

- 8 oz. package grass-fed butter
- 8 oz. package mild cheddar shredded cheese
- 8 oz. package Mexican blend shredded cheese
- 8.5 oz. bottle olive oil
- 8 oz. container sour cream
- 11 slices Swiss cheese
- 6 oz. package parmesan cheese

SPICES & CONDIMENTS

- Yellow mustard
- Dijon mustard
- Mayonnaise
- Apple cider vinegar
- Garlic powder
- Onion powder
- Chili powder
- Paprika
- Cayenne powder
- Cumin
- Dried oregano
- Ground cloves
- Red pepper flakes
- Italian seasoning
- Garlic salt
- Salt & pepper