



# Grocery List

Fruits	Vegetables	Meats & Fish	Dairy

Snacks	Canned Foods	Condiments	Health & Beauty

Paper Products	Cleaning Supplies	Pet Food	Miscellaneous

# Keto Meal Planning Cheat Sheet

## Meatless Monday

Zucchini Ravioli  
Mexican Cauliflower Rice  
Keto Broccoli Cheese Casserole  
Vegetarian Keto Lasagna  
Crust less Asparagus Quiche  
Green fathead pizza  
Spinach & Feta Omlette  
Cheesy Keto Waffles  
Zucchini Ricotta Tart  
Vegetarian Keto Burgers  
Keto Cauliflower Rice

## Taco Tuesday

Shredded chicken tacos  
Keto Taco in A Bag  
Keto Bell Pepper Tacos  
Keto Taco Casserole  
Low Carb Soft Tortilla  
Zucchini Taco Shells  
Keto Taco Stuffed Avocados  
Keto Breakfast Skillet  
Keto Taco Rolls  
Chicken Taco Lettuce Wraps  
Keto Taco Salad

## Wing Wednesday

Keto Garlic Parmesan Wings  
Keto Buffalo Wings  
Keto Barbeque Wings  
Keto Baked Chicken Wings  
Keto Spicy Korean Wings  
Keto Air Fried BBQ Wings  
Keto Teriyaki Wings  
Keto smoked chicken wings  
Keto Butter and garlic wings  
Keto Parmesan crusted wings  
Keto Baked Buffalo Wings

## Thrifty Thursday

Cauliflower Hash Browns  
Cream Cheese Pancakes  
Avocado Cucumber Egg Salad  
Low Carb Taco Soup  
Keto Fried Pickles  
No Carb Peanut Butter Cookies  
keto Egg Custard Pie  
Keto Cloud Bread  
Low Carb Chicken Fajita Soup  
Keto Banana Bread  
Keto crack chicken  
Keto chicken salad

## Fun Friday

Keto Portabella Pizza  
Keto Fat Bomb Cheesecake  
Keto Salmon Cakes  
Keto Brownies  
Keto Egg Roll Bowl  
Keto Bacon Sausage Meatballs  
Keto Chocolate Chip Cheesecake  
Carb Free Meatballs  
Keto Ice Coffee  
Keto Chocolate Cake  
Red Velvet Donuts  
Loaded Pizza Mushrooms

## Shrimp Saturday

Shrimp & Bacon Zoodle Alfredo  
Shrimp Cauliflower Fried Rice  
Keto Avocado Shrimp Salsa  
Keto Blackened Shrimp  
Keto Chili Lime Shrimp Bowls  
Breaded Shrimp  
Keto Shrimp Scampi  
Shrimp Coconut Milk  
Shrimp Stuffed Avocados

## Slow Cooker Sunday

Keto Slow Cooker Gumbo  
Keto Pot Roast  
Slow Cooker Garlic Balsamic Chicken  
Slow Cooker Jerk Chicken  
Slow Cooker Steak Fajitas  
Slow Cooker Mongolian Beef  
Slow Cooker Pork Tenderloin  
Slow Cooker Mexican Lasagna  
Crockpot Crust less Pizza  
Slow cooker chunky chili  
Slow cooker Asian pork chops

# Weekly Meal Plan

Week Of: \_\_\_\_\_

Mon	
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Tues	
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Wed	
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Thurs	
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Fri	
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Sat	
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Sun	
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# Weekly Meal Plan

Week of: \_\_\_\_\_

Sun	
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Mon	
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Tues	
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Wed	
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Thurs	
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Fri	
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Sat	
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# Monthly Meal Planner

Month of: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

# Monthly Meal Planner

Month of: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday