



foodborne wellness

MEAL PLAN #3

MONDAY

Keto Chili

Note: This recipe could easily be done in the crock pot or stove top as well, the cook times would just need to be adjusted.

TUESDAY

Egg Roll in a Bowl

Note: This is a very quick and easy recipe, especially if you use a coleslaw mix so you won't have to shred cabbage. You can really use any ground meat that you prefer.

WEDNESDAY

Steak Fajitas

Note: I like to buy pre-sliced "fajita" or "stir fry" steak because it comes thinly sliced and works well for this recipe. Skip the tortillas and eat with a fork if keto.

THURSDAY

Keto Buffalo Chicken Soup

Note: Instant Pot or stove top version available. You could also use chicken thighs in place of chicken breasts.

FRIDAY

Cauliflower Grilled Cheese

Note: This would pair well with my favorite [tomato soup](#), although it hasn't been added to the grocery list. **This recipe is doubled**





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GROCERY LIST

PRODUCE

- Red bell pepper (2)
- Green bell pepper (1)
- Celery (7 ribs)
- Onion (5)
- Garlic (9 cloves)
- Parsley (1/4 cup)
- Green onions (4)
- Shredded cabbage (9 cups or 1.5 heads)
- Cauliflower rice (4 cups, about 1 large head)
- Cauliflower (1 large head)
- Lime (1)
- Cherry tomatoes (10 oz.)
- Cilantro (1 bunch)

OTHER

- Tortillas (if not keto - optional)
- Salsa (optional)
- Guacamole (optional)
- Eggs (2)
- Mozzarella (1 cup)
- Cheese (for grilled cheese, 4 thick slices)

MEAT

- Ground meat (1.5 lb - chicken, beef, pork or turkey)
- Ground grass-fed beef (1 lb)
- Skirt flank, sirloin, or hanger steak (2 lbs)
- Chicken breast (2-3 large)

PANTRY

- Olive oil
- Sesame oil
- Stevia extract
- Frank's Buffalo Sauce (5 oz.)
- Soy sauce or coconut aminos
- Beef broth (1/3 cup)
- Chicken bone broth (4 cups)
- Coconut milk, full fat (1 can)
- White wine (2 tbsp - optional)
- Crushed tomatoes (1 can)
- Fire roasted diced tomatoes (1 can)
- Tomato paste (2 tbsp.)
- Ground ginger
- Chili powder
- Crushed red pepper flakes
- Smoked paprika
- Cayenne pepper
- Sea salt
- Black pepper
- Bay leaves
- Ground allspice
- Cumin
- Dill weed
- Garlic powder
- Italian herb seasoning

