



EASY KETO DINNERS

flavorful low-carb meals
for any night of the week



A WEEK OF EASY KETO DINNERS

MONDAY

CHICKEN ENCHILADA SKILLET	PAGE 22
TOTAL TIME	30 MIN
TOTAL CARBS	3.2G

TUESDAY

SHEET PAN SAUSAGE AND PEPPERS	PAGE 94
TOTAL TIME	25 MIN
TOTAL CARBS	4.2G

WEDNESDAY

BUFFALO CHICKEN CHOWDER	PAGE 34
TOTAL TIME	25 MIN
TOTAL CARBS	4G

THURSDAY

ZUCCHINI PIE	PAGE 130
TOTAL TIME	50 MIN
TOTAL CARBS	6.7G

FRIDAY

CLASSIC TUNA MELTS	PAGE 54
TOTAL TIME	11 MIN
TOTAL CARBS	3.6G

SATURDAY

PORK AND CABBAGE STIR FRY	PAGE 106
TOTAL TIME	11 MIN
TOTAL CARBS	8.5G

SUNDAY

FRENCH ONION POT ROAST	PAGE 64
TOTAL TIME	8 HOURS
TOTAL CARBS	2.1G

EASY KETO DINNERS

Shopping List

MEAT & EGGS

ROTISSERIE CHICKEN
CHUCK ROAST
ITALIAN SAUSAGE
GROUND PORK
EGGS

DAIRY

BUTTER
SOUR CREAM
SHREDDED MEXICAN CHEESE
SLICED CHEDDAR
CREAM CHEESE
HEAVY WHIPPING CREAM
PARMESAN
FETA CHEESE
BLEU CHEESE (OPTIONAL)



CANNED GOODS

CHICKEN BROTH
BEEF BROTH
TOMATO PASTE
TUNA

PRODUCE

CELERY
ONION
RED PEPPER
GARLIC
MUSHROOMS
CABBAGE
GREEN ONION
ZUCCHINI

OTHER



BUFFALO SAUCE
MAYONNAISE
COCONUT FLOUR
APPLE CIDER VINEGAR
AVOCADO OIL
SESAME OIL
COCONUT AMINOS
SRIRACHA

