



A WEEK OF EASY KETO DINNERS (DAIRY-FREE)

MONDAY

JERK CHICKEN AND "RICE"	PAGE 28
TOTAL TIME	41 MIN
TOTAL CARBS	6.6G

TUESDAY

GARLIC ROSEMARY TENDERLOIN	PAGE 98
TOTAL TIME	30 MIN
TOTAL CARBS	2.4G

WEDNESDAY

CALIFORNIA ROLL IN A BOWL	PAGE 52
TOTAL TIME	25 MIN
TOTAL CARBS	8.6G

THURSDAY

SLOW COOKER STEAK FAJITAS	PAGE 84
TOTAL TIME	8 HOURS
TOTAL CARBS	3.6G

FRIDAY

CHICKEN COCONUT CURRY	PAGE 32
TOTAL TIME	35 MIN
TOTAL CARBS	6.2G

SATURDAY

INSTANT POT CHILE VERDE	PAGE 106
TOTAL TIME	60 MIN
TOTAL CARBS	4.6G

SUNDAY

ROASTED SALMON (DF OPTION)	PAGE 50
TOTAL TIME	17 MIN
TOTAL CARBS	1.1G

EASY KETO DINNERS

Shopping List

MEAT & FISH

CHICKEN THIGHS (BONE-IN, SKIN ON)
CHICKEN THIGHS (BONELESS, SKINLESS)
PORK TENDERLOIN
BONELESS PORK ROAST
SALMON
CRAB MEAT
CHUCK STEAK

HERBS AND SPICES

CURRY POWDER
ALLSPICE
CAYENNE
GARLIC POWDER
PAPRIKA
DRIED PARSLEY
DRIED THYME
CINNAMON
NUTMEG
CUMIN
TACO SEASONING



CANNED GOODS

COCONUT MILK
SALSA VERDE
GREEN CHILIES
MAYONNAISE
DIJON MUSTARD
PICKLED JALAPENOS

PRODUCE

FRESH ROSEMARY
ONION
RED PEPPER
GARLIC
CAULIFLOWER RICE
JALAPENO
LIME
ZUCCHINI
TOMATOES
FRESH CILANTRO
FRESH DILL
LEMON
AVOCADO
CUCUMBERS

OTHER

COCONUT OIL
AVOCADO OIL
SESAME OIL
WASABI PASTE
SRIRACHA
SESAME SEEDS
XANTHAN GUM (OPTIONAL)

