

Week of: 5/22-26

Breakfast	Frittata with Asparagus, Bacon, and Goat Cheese
Lunch	Lunch Wraps with Salami and Italian Dressing
Monday	Cilantro Lime Salmon Bake
Tuesday	Philly Cheesesteak Skillet
Wednesday	Pork Tenderloin Wrapped in Bacon + Lemon Sea Salt Arugula Salad
Thursday	Crispy Baked Chicken Thighs + Sauteed Green Beans
Friday	Greek-Inspired Beef Kabobs
Dessert	Keto Peanut Butter Cookies

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Asparagus, one bunch Orange Bell Pepper, 1 Red Bell Pepper, 1 Green Bell Pepper, 1 Parsley, for garnish (optional) Red Onion, 1 Arugula, 6.5 cups Cilantro, 1 bunch Green Onion, 1 bunch Lime, 1 Avocado, 1 Cherry Tomatoes, 1 pint Yellow Onion, 1 Garlic Cloves, 3 Lemons, 4 Green Beans, 1 pound Fresh Chives, 1 tablespoon, for garnish Cucumber, 1	Bacon, 13 strips Crumbled Goat Cheese, 1/3 cup Eggs, 14 Cheese Wrap, 5 Salami, 20 slices Prosciutto, 10 slices Whole Salmon Filet, 1.5 pound Ground Beef, 1.5 pounds Provolone Cheese, 6 slices Pork Tenderloin, 1 pound Bone-in skin-on Chicken Thighs, 3 pounds Full-fat, Greek yogurt, 3/4 cup Top Sirloin Steaks, 4 (about 2 pounds)	Red Wine Vinegar, 2.5 tablespoons Pepperoncini, 5 tablespoons Avocado Oil Mayo, 1/2 cup Cremini Mushrooms, 8 ounces (optional) Beef Broth, 1/3 cup Dijon Mustard, 1 tablespoon Coconut Aminos, 2 tablespoons Maple Syrup, 2 tablespoons Full-Fat Coconut Milk, 2 tablespoons Creamy Peanut Butter, 2 cups Keto Granulated Sugar, 2/3 cup Vanilla Extract, 2 teaspoons Double Acting Baking Powder, 1 teaspoon Sugar-free or Low Sugar Dark Chocolate Chips, 1/2 cup (optional)	Italian Seasoning, 1 + 1/4 teaspoon Paprika, 1 tablespoon Garlic Powder, 1/2 teaspoon Primal Palate Super Gyro Blend, 1 tablespoon

Pantry Staples: Olive Oil or Avocado Oil, Butter or Ghee, Sea Salt, Ground Pepper

Notes: This shopping list includes ingredients for the Tzatziki made with yogurt. You can find the dairy-free version [here](#).