



# LAZY KETO MEAL PLAN

## SHOPPING LIST

*Note: The amounts in the list are the minimum you'll need for two people.*

### PROTEIN

Bacon	16-18 slices (2 packages)
Chicken or pork sausage, sugar-free	10-12 ounces
Canned tuna	1-5 ounce (142 g) tin
Smoked salmon	4 ounces (113 g)
Chicken breasts or thighs, boneless	1 pound (450 g)
Ground beef	1 pound (450 g)
Ground turkey	1 pound (450 g)
Skin-on salmon fillets	1 pound (450 g)
Steak, any type	About 1½ pounds (24 oz, 680 g)
Eggs	2 dozen

### PRODUCE

Asparagus	1 pound (450 g)
Avocado	2
Bell pepper, green	1 medium
Bell pepper, red	1 medium
Bell pepper, yellow	1 medium
Broccoli florets	2 cups (6 oz, 170 g)
Broccoli slaw	TWO 12-ounce (340 g) bags
Carrot	1 small
Celery	1 small bunch
Chives, fresh	1 small bundle
Collard greens	2 large leaves
Cucumbers	2 medium
Grape tomatoes	About 12 ounces (340 g)
Lemon	2
Lime	1
Onion	1 medium
Riced cauliflower	2 cups (6 ounces, 170 g)
Romaine Lettuce	30 ounces (850 g), or 2-3 large heads
Tomato (roma or similar)	1
Zoodles	1 10-ounce package
Zucchini	1 small

## MISCELLANEOUS

Capers	1 small jar
Chia seeds	2 tablespoons (20 g)
Chicken bone broth	3 cups (720 mL)
Cocoa powder	1 tablespoon (5 g)
Coconut milk, full-fat	1 can
Dill pickle slices	1 small jar
Frozen green beans	10 ounces (285 g)
Marinara sauce*	2 cups (18 oz, 475 mL)
Pecans, chopped	¼ cup
<a href="#">Primal Kitchen Mayo</a> (your favorite flavor)	1 jar
<a href="#">Primal Kitchen Ranch Dressing</a>	1 bottle
Unsalted butter or ghee	1 package

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## PANTRY ITEMS YOU PROBABLY HAVE ON HAND

Avocado Oil  
Chili powder  
Garlic powder  
Ground cinnamon  
Olive oil  
Pepper  
Salt  
Stevia drops or other keto-friendly sweetener  
Taco seasoning (optional, Day 1 dinner)  
Vanilla extract

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## OPTIONAL ITEMS MENTIONED IN COMMENTS

Blue cheese, crumbled	1 small package
Cheddar cheese, shredded	1 small package
Parmesan cheese, shredded	1 small package
Almonds, slivered	¼ cup
Garlic	1 bulb

\*(Suggested: [Primal Kitchen Tomato Basil Marinara Sauce](#))