

## 5 Low Carb Dinners Grocery List (week 6)

### **Dairy**

Cream Cheese 8oz+4oz+3oz

Cheddar Cheese 8oz+3/4 cup+ cheese for topping chili

Heavy Cream 4oz + ½ Cup

Mozzarella ¾ Cup

### **Produce**

Mushrooms, 1 container and 1 ½ Cups sliced

Onions, small, 2 medium, one large

Salad fixings for 2 meals

Veggies to Roast for 1 meal

1 Red Bell Pepper (I just bought a 3 pack of Green Bell Peppers)

2 Green Bell Peppers (or 2 different colors)

2 Sticks of Celery

Green Onions

Minced Garlic

### **Dry-Packaged-Canned**

Olive Oil

Beef Broth ½ C + 1/3 C

Salt

Pepper

Garlic Powder

Chili Powder

Cumin

Cayenne

1.5 T Fajita Seasoning or Homemade Equivalent

1 T Unsweetened Cocoa Powder

2 Cans Green Beans

2 28 oz Cans of Crushed Tomatoes

1 Can of Rotel, Diced Tomatoes with Green Chilies

30 oz Can of Pinto Beans

Preferred sweetener, for the chili to combat the tomato acidity

½ - 1 ½ T Cajun Seasoning  
2 14.5 oz Fire Roasted Tomatoes  
1 C Chicken Broth  
Louisiana Hot Sauce

**Meat**

2 lb Cube Steaks  
Family Pack of Chicken Breasts OR 3 Chicken Breasts and 10 Boneless Skinless  
Chicken Thighs (I misread the recipe and used chicken breasts and no thighs)  
Ground Beef 3 lb  
Sausage 1lb  
Shrimp 1lb

**Frozen**

Mashed Cauliflower  
2 Packages of Frozen Riced Cauliflower  
2 C Frozen Okra