

## \$75/week Budget Keto Meal Plan Cost Breakdown — SouthernSavers.com

Item	Amount	Cost per	Total
Coffee	1 bag (12-16 oz)	\$2.99	\$2.99
Butter	1 lb	\$1.20	\$1.20
Eggs	6 dozen	\$1.19	\$7.14
Sliced cheese	2 packages	\$1.50	\$3
Cheese	8 oz	\$1.50	\$1.50
Cream cheese	(3) 8-oz packages	\$1.67	\$5.01
Parmesan cheese	1 package	\$1.50	\$1.50
Heavy whipping cream	32 oz.	\$3.12	\$3.12
Sour cream	16 oz	FREE!	\$0.00
Bacon	3 lb.	\$1.50	\$4.50
Chicken breasts	1 lb.	\$1.99	\$1.99
Chicken thighs - bone-in, skin-on	1.5 lb	\$1.50	\$2.25
Chicken-thighs - boneless skinless	3 lb	\$2	\$6
Ground beef	1 lb	\$2	\$2
Pork shoulder	2 lb	\$2	\$4
Turkey deli meat	(3) 8-oz packages	\$3	\$9
Frozen meatballs	1 lb	\$2	\$2
Salad dressing	1 bottle	\$0.60	\$0.60
Frozen broccoli	2 bags	FREE	\$0.00
Frozen cauliflower rice	1 bag	FREE	\$0.00
Frozen brussels sprouts	2 bag	FREE	\$0.00
Avocados	6	\$0.39	\$2.44
Berries	3 packages	\$2	\$6
Cabbage	1 head	\$1	\$1
Cauliflower	1 head	\$1.99	\$1.99
Iceberg lettuce	1 head	\$0.98	\$0.98
Mushrooms	8 oz.	\$1.18	\$1.18
Onions	1	\$0.50	\$0.50

Spinach	8 oz	\$1.50	\$1.50
Zucchini squash	2	\$0.75	\$1.50
		<b>Total cost</b>	\$74.89