

\$75/Week Budget Keto Meal Plan Shopping List — SouthernSavers.com

- 1 bag coffee
- 1 lb butter
- 6 dozen eggs
- 2 packages sliced cheese
- 8 oz cheese
- (3) 8-oz packages cream cheese
- 1 bag Parmesan cheese
- 32 oz. heavy whipping cream
- 16 oz. sour cream
- 3 lb bacon
- 1 lb chicken breasts
- 1.5 lb bone-in, skin-on chicken thighs
- 3 lb boneless skinless chicken thighs
- 1 lb ground beef
- 2 lb pork shoulder
- (3) 8-oz packages deli meat
- 1 lb frozen meatballs
- 1 bottle salad dressing
- 2 bags frozen broccoli
- 1 bag frozen cauliflower rice
- 2 bags frozen brussels sprouts
- 6 avocados
- 3 packages berries
- 1 head cabbage
- 1 head cauliflower
- 1 head iceberg lettuce
- 8 oz mushrooms
- 1 onion
- 8 oz fresh spinach
- 2 zucchini squash

