

# keto 2 weeks dinners w/ grocery list

1. [Zucchini Fritters and Goat Cheese Sauce](#) from [A Pinch of Yum](#) (not written as a Keto recipe, so substitute almond or coconut or another keto friendly option in place of flour)
2. [Keto Lasagna](#) from Diet Doctor
3. [Keto Prosciutto Wrapped Asparagus](#) from Diet Doctor
4. [Keto Cheeseburger Pie](#) from [All Day I Dream About Food](#)
5. [Crispy Garlic Parmesan Wings](#) from [All Day I Dream About Food](#)
6. [Mexican Cauliflower Rice](#) from [All Day I Dream About Food](#)
7. [Sheet Pan Chicken Fajitas](#) from [A Sweet Life](#)
8. [Keto Asian Cabbage](#) Stir Fry from Diet Doctor
9. [Green Chile Cauliflower Rice](#) from [A Sweet Life](#)
10. [Sesame Almond Zoodle Bowl](#) from [Ruled Me](#)
11. [Skillet Browned Chicken With Creamy Greens](#) from Ruled Me
12. [Thai Peanut Drumsticks](#) from [A Sweet Life](#)
13. [Nacho Chicken Casserole](#) from [Ruled Me](#)
14. [Keto Gyros with Leg of Lamb](#) by ThatOrganicMom with [Naan Bread](#) by Diet Doctor

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## #1 Zucchini Fritters

- 1 medium zucchini, grated
- 1/2 tsp salt
- zest of 1 lemon
- a handful of parsley, chopped
- chives, chopped
- 1 egg
- pepper
- 1/2 cup flour
- oil for frying

### Cheese Dipping Sauce

- Goat Cheese, 100 grams
- Plain yogurt, 2/3 cup
- Salt, pepper, and chives (to taste)

## #2 Keto Lasagna

- 2 tablespoons olive oil

- 1 1/3 lbs ground beef
- 1 yellow onion
- 1 garlic clove
- 3 tablespoons tomato paste
- 1/2 tablespoon dried basil
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup water

### Keto pasta for Lasagna

- 8 eggs
- 2/3 lb cream cheese
- 1 teaspoon salt
- 5 1/3 tablespoons ground psyllium husk powder

### Cheese topping for Lasagna

- 2 cups crème fraiche or sour cream
- 5 1/3 oz. shredded cheese
- 2 oz. grated parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

- ❑ 8 tablespoons fresh parsley, finely chopped

### #3 Prosciutto Wrapped Asparagus

- ❑ 12 pieces of green asparagus
- ❑ 2 oz. prosciutto, in thin slices
- ❑ 5 oz. goat cheese
- ❑ 1/4 teaspoon ground black pepper
- ❑ 2 tablespoons olive oil

### #4 Keto Cheeseburger Pie

- ❑ 6 slices bacon, chopped
- ❑ 1 lb O Organics grass fed ground beef
- ❑ 2 cloves O Organics peeled garlic, minced
- ❑ 1/4 tsp hot pepper flakes
- ❑ Salt and pepper
- ❑ 4 ounces O Organics cream cheese, softened
- ❑ 6 large eggs
- ❑ 1 1/2 cups O Organics Mexican shredded cheese or Cheddar cheese

### #5 Crispy Garlic Parmesan Wings

- ❑ 3 lbs chicken wings
- ❑ 1 1/2 tbsp baking powder
- ❑ Salt and pepper
- ❑ 1/4 cup salted butter
- ❑ 4 cloves garlic, minced
- ❑ 2 tsp dried parsley
- ❑ Pinch red pepper flakes
- ❑ 1/2 ounce grated parmesan (about 1/2 cup)
- ❑ Fresh chopped rosemary or parsley

### #6 Mexican Cauliflower

- ❑ 1 lb ground beef
- ❑ 1/4 medium onion, diced

- ❑ 1/2 red pepper, diced
- ❑ 3 tbsp taco seasoning
- ❑ 1 cup diced tomatoes
- ❑ 12 ounces cauliflower rice (fresh or frozen)
- ❑ 1/2 cup chicken broth
- ❑ 1 1/2 cups shredded Cheddar cheese or Mexican Blend

### #7 Sheet pan Chicken Fajitas

serves 6

- ❑ 1 small green pepper
- ❑ 1 small red pepper
- ❑ 1 small yellow pepper
- ❑ 1/2 medium onion, thinly slices
- ❑ 1/4 cup avocado or olive oil, divided
- ❑ Salt and pepper
- ❑ 1 1/2 to 2 lbs boneless, skinless chicken thighs
- ❑ 3 tbsp taco seasoning

### #8 Asian Stir Fry

- ❑ 2 1/2 lbs green cabbage
- ❑ 8 oz. butter
- ❑ 2 lbs ground beef
- ❑ 1 1/2 teaspoons salt
- ❑ 1 1/2 teaspoons onion powder
- ❑ 2/5 teaspoon ground black pepper
- ❑ 1 1/2 tablespoons white wine vinegar
- ❑ 3 garlic cloves
- ❑ 4 1/2 scallions, in slices
- ❑ 1 1/2 teaspoons chili flakes
- ❑ 1 1/2 tablespoons fresh ginger, finely chopped or grated
- ❑ 1 1/2 tablespoons sesame oil
- ❑ Wasabi mayonnaise
- ❑ 1 1/2 cups mayonnaise
- ❑ 3/4 - 1 1/2 tablespoons wasabi paste

## #9 Green Chile Cauliflower Rice

- 24 ounces cauliflower rice, fresh or frozen (about 6 to 7 cups)
- 2 cups shredded Mexican or cheddar cheese, divided
- 1 (7-ounce) can fire roasted chopped green chilies
- 3 cloves garlic, minced
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- 2 tbsp melted butter

## #10 Sesame Almond Zoodle Bowl

(serves 3 double?)

- 2 medium zucchini, spiralized
- 1/2 cup sliced mushrooms
- 1 cup shredded broccoli slaw\*
- 1 teaspoon sesame oil
- Sauce
- 1/4 cup almond butter
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 1/4 teaspoon garlic powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon erythritol
- 2 tablespoon chopped almonds, garnish
- Optional: pinch of chili powder

## #11 Browned Chicken with Greens by Ruled Me

(Serves 4)

- 1 lb chicken thighs, boneless but skin on

- 2 Tbsp. coconut oil
- 1 cup chicken stock
- 1 cup cream
- 1 tsp. Italian herbs
- 2 cups dark leafy greens
- 2 Tbsp. butter, melted
- 2 Tbsp. coconut flour
- Salt and pepper, to taste

## #12 Thai Peanut Drumsticks

serves 8

- 1/2 cup warm water
- 1/3 cup peanut butter
- 1 tbsp apple cider vinegar
- 1 tbsp soy sauce or coconut aminos
- 1 clove garlic, chopped
- 1/2 tsp red pepper flakes
- 1/2 tsp ground ginger
- 2 1/2 lbs chicken drumsticks and thighs
- Salt and pepper

## #13 Nacho Chicken Casserole

- 1.75 lbs. Chicken Thighs, boneless skinless
- 1 1/2 tsp. Chili seasoning
- 2 tbsp. Olive Oil
- 4 oz. Cream Cheese
- 4 oz. Cheddar Cheese
- 1 cup Green Chilies and Tomatoes
- 3 tbsp. Parmesan Cheese (~45g)
- 1/4 cup Sour Cream
- 16 oz. Frozen Cauliflower, package
- 1 medium Jalapeno Pepper
- Salt and Pepper to Taste

## #14 Low Carb Gyros

Naan Bread from Diet Doctor

- 3/4 cup coconut flour
- 2 tablespoons ground psyllium husk powder
- 1/2 teaspoon baking powder

- ❑ 1 teaspoon salt
- ❑ 1/3 cup melted coconut oil
- ❑ 2 cups boiling water
- ❑ coconut oil, for frying
- ❑ sea salt

#### Simple Lamb Meat

- ❑ 3 tablespoons dijon mustard (I like whole seed mustard for this recipe)
- ❑ 3 tablespoons butter, melted (try a grass-fed butter like Kerrygold)
- ❑ 1 leg of lamb (mine was 4 pounds, if you get a large leg of lamb, double the mustard and butter)
- ❑ Salt and Pepper to taste

#### Tzatziki Sauce

- ❑ 1 1/2 cup full fat greek yogurt
- ❑ 2 cucumbers, peeled, seeded, and finely chopped
- ❑ 1 tablespoon lemon juice
- ❑ small onion, finely diced
- ❑ 1/2 tsp garlic
- ❑ salt and pepper to taste

#### Toppings

- ❑ diced tomatoes to garnish, optional
- ❑ Stilton Cheese, optional
- ❑ Micro Greens, optional