

WEEKLY DINNER MENU

Keto Comfort Food

THATORGANICMOM.COM

monday

biscuits + sawmill gravy p. 104

wednesday

country fried steak p. 112
+brussels sprouts

friday

skillet lasagna p. 30
+ salad

tuesday

layered taco casserole p. 40

thursday

pickle brined crispy chicken p. 114
w/ buttered broccoli

saturday

chicken fried rice p. 89
dessert: mason jar vanilla p. 151

"A journey of a thousand miles begins with a single step." —

Lao Tzu

Keto Comfort Food Dinner Menu Grocery List

MEAT

- 2 lb Ground Beef
- 1 Pound Ground Pork Breakfast Sausage
- 4 - 1/3 Pound Cubed Steaks (or Alternative)
- 1 Pound Boneless, Skinless Chicken Tenders
- 1/2 Pound Italian Ground Sausage
- 1 Pound Chicken (Breast or Thigh) Cubed

SPICES + CONDIMENTS

- Chili Powder
- Cumin
- Garlic
- Onion Powder
- Oregano
- Ground Black Pepper
- Cayenne Powder
- 1/2 tsp Vanilla Extract
- Sriracha, 1 Tbsp
- 2 Tbsp Soy Sauce
- 1 tsp Sesame Seeds

VEGETABLES

- Avocado
- Romaine Lettuce
- 1 Cup Chopped Peeled White Onion
- 2 Tbsp Fresh Parsley
- Fresh Garlic
- Green Onion, 1 Stalk

DAIRY

- 1/2 Cup Sour Cream
- 1 Cup Shredded Cheddar
- 7 Tablespoons Butter
- 9 Eggs
- 2 Ounces Cream Cheese
- 1 Cup Heavy Whipping Cream
- 1/2 Cup Sour Cream
- 1/2 Cup Almond Milk or Low-Carb Alternative (I Prefer Macadamia Nut)
- 1/2 Cup Ricotta (Full Fat)
- 1 Cup Mozzarella
- 2/3 cup Parmesan

OTHER

- 2 Ounces Cheddar Cheese Crisps
- 2 Cups Finely Ground Blanched Almond Flour
- Baking Powder
- Apple Cider Vinegar
- 1+ 1/2 Cup Chicken Broth
- Xanthan Gum
- 1 Cup Coconut Oil
- 1/2 Cup Crushed Plain Pork Rinds
- 1 Cup Dill Pickle Juice
- 1/4 Cup Powdered Erythritol
- 1 1/2 Cups Low-Carb Marinara
- 3/4 Cup Unflavored, Unsweetened Whey Protein Powder

FROZEN

- 1 Medium Head Cauliflower, Riced (or Buy It Frozen Already Riced)
- 2 Cups Broccoli, Chopped

BREAKFAST AND LUNCH IDEAS

- Eggs, Cold Cuts, Smoked Salmon, Leftovers