

# SHOPPING LIST AND BUDGET BREAKDOWN FOR ONE WEEK OF KETO MEALS

This keto shopping list gives you the average cost for the minimum amount you will need to get to make the keto-friendly recipes that follow. Prices will vary depending on where you shop and how much of each item you purchase.

Reduced sugar ketchup, for example, will not come in a 1 oz size (as required for one of your recipes), and it won't always cost around 25 cents per ounce. However, for ingredients like ketchup that have a longer shelf life, you can buy the bigger size without worrying about it going to waste. Plus you will more than likely use most of these ingredients again, so getting a bit extra will only cut the costs on your next bill.

So – without further ado – here is your keto shopping list for one week of keto meals:

## Buy From The Grocery Store:

### Dairy and Eggs (estimates costs):

- Eggs – 2 dozen. ~\$6
- Half and Half – at least 4 oz. ~\$1
- Heavy Whipping Cream – at least 4 oz. ~\$1
- Sour cream – at least ¼ cup (2 oz). ~\$0.25
- Butter – at least 6 Tbsp. (3 oz). ~\$0.50
- Cheddar Cheese (block or shredded) – at least 2 cups (1 lb.). ~\$3-4
- Parmesan Cheese (grated) – at least 1⅓ cups (~5 oz.). ~\$3

### Meat and Fish (estimates costs):

- Bacon – at least 21 oz. ~\$8
- Ground Beef – 1 lb. of 80/20 ground beef. ~\$4
- Canned Pink Salmon\* – at least 14.75 oz. ~\$3

### Fruits and Vegetables (estimates costs):

- Broccoli – at least 1 ½ lb. of broccoli florets. ~\$2.50
- Cauliflower – at least 1 1/5 lb. of cauliflower (a medium head is about 2 lb.). ~\$2.00

### Herbs and Spices (estimates costs):

- Fresh Chives – at least 4 Tbsp. (~0.5 oz). ~\$2.50
- Fresh Dill – at least ¼ cup (~0.1 oz). ~\$0.50
- Fresh Basil – at least 2 Tbsp. (~0.2 oz). ~\$1.25
- Garlic\* – at least 3 tsp. (~3-4 cloves). ~\$0.10
- Dried Parsley\* – at least 2 tsp. (~0.04 oz). ~\$0.04
- Onion Powder\* – at least 1 tsp. (~0.09 oz). ~\$0.08
- Garlic Powder\* – at least ¾ tsp. (~0.08 oz). ~\$0.03
- Celery Salt\* – at least ½ tsp. (~0.1 oz). ~\$0.10
- Red Chili Flakes\* – at least ½ tsp. (~0.05 oz). ~\$0.03
- Cayenne Pepper Powder\* – at least ½ tsp. (~0.03 oz). ~\$0.04
- Salt\* – at least 1 tsp. (~0.2 oz) of kosher salt. ~\$0.10
- Black Pepper\* – at least 1 tsp. (~0.08 oz). ~\$0.08
- Ground Cinnamon\* – at least ¼ tsp. (~0.02 oz). ~\$0.02

- Watercress – at least 4 oz (3-4 cups). ~\$2.50-4.00
- Spinach – at least 4 cups (8 oz). ~\$2.00
- Avocado – 1 medium sized avocado. ~\$1-2
- Lemons – 2 lemons. ~\$1.00

- Ground Nutmeg\* – at least ¼ tsp. (~0.02 oz). ~\$0.02
- Ground Ginger\* – at least ⅛ tsp. (~0.01 oz). ~\$0.02
- Ground Allspice\* – at least ⅛ tsp. (~0.01 oz). ~\$0.02

#### **Oils And Condiments (estimates costs):**

- Avocado Oil\* – at least ¼ cup (2 oz). ~\$1.50
- Olive Oil\* – at least 6 Tbsp. (~3 oz). ~\$1
- Heinz Reduced Sugar Ketchup\* – at least 2 Tbsp. (~1 oz). ~\$0.25
- Dijon Mustard\* – at least 1 Tbsp. (~0.5 oz). ~\$0.15
- Mayonnaise\* – at least 2 Tbsp. (~1 oz). ~\$0.20

#### **Baking Goods (estimates costs):**

- Unsweetened Cocoa Powder\* – at least 3 tsp. (~0.25 oz). ~\$0.10
- Aluminum-Free Baking Powder\* – at least ½ tsp. (~0.2 oz). ~\$0.05
- Vanilla Extract\* – at least ¼ tsp. (~0.04 oz). ~\$0.08

#### **Peanut Butter (estimates costs):**

- Natural Creamy Peanut Butter (no added sugar)\* – at least 3 Tbsp. (~1.5 oz). ~\$0.40

#### **Snack Items (estimates costs):**

- Pork Rinds\* – at least 4 oz. ~\$2.50

*\*an asterisk marks items that you may be able to buy for lower prices online (e.g., Amazon).*

This list covers everything that you should be able to find at the grocery store. However, you might still struggle to find items like watercress and reduced sugar ketchup. In this case, you can either try another store that has more fresh produce and health-conscious options, buy the item online and get it shipped to your house, or swap in a different ingredient that is more easily accessible. For example, instead of chasing down the wild watercress, you can use another green that you like (baby arugula, sweet baby lettuce, etc.).

Don't head off to the store just yet! We still have a couple more items to get. However, you are better off buying these remaining items online.

## **Buy These Items Online (for the best deals):**



- **Almond Flour** – at least 1⅓ cup (~4.5 oz). Estimated cost: ~\$3.00
- **Psyllium Husk Powder** – at least 1 Tbsp. (~0.3 oz). Estimated cost: ~\$0.20
- **Powdered Erythritol** – at least 2 Tbsp. (~0.6 oz). Estimated cost: ~\$0.50
- **Unsweetened Coconut Flakes** – at least ½ cup (~1 oz). Estimated cost: ~\$0.50
- **Liquid Stevia** – at least 7 drops (~0.01 oz). Estimated cost: ~\$0.04

If you were able to get all of these items at a reasonable price in the quantity that you needed for the week, then you would only spend around \$59.

That's right – by using this shopping list, you can have a **full week** of keto-friendly meals and desserts (plus leftovers) for **\$8.50 per day or less**. (That's three meals a day for less than \$3 each!)

However, keep in mind that you will be spending much more than just \$59 a week on keto at first. Your grocery bill depends on your local market, current sales and coupons, product availability, bulk purchasing, brand and other purchasing preferences, and willingness to go the extra mile to find the best deal around.

A great way to save more money, in the long run, is by investing in larger quantities of the foods that you eat most often and store them appropriately. This is one of the many suggestions you'll find in **our Eating Keto on a Budget Guide**. In it, you will find everything you need to know to save money on the ketogenic diet.

You'll be implementing some of these “keto on a budget” strategies simply by following this one-week meal plan. Many of the meals provide you with extra servings that you will need to freeze or refrigerate for the next day or week.

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### Week 1 Shopping List

<b>Proteins</b>	14 large Eggs	1 1/4 lb. Ground Pork
	5 Chicken Thighs, skin-on and bone-in (12-16 oz.)	5 oz. Chicken Breast
	7 slices Bacon	4 oz. Salmon Fillet
		1 lb. Ground Chicken
<b>Fats</b>	10 tbsp. Butter	10 1/2 tbsp. + 2 Tbsp. Coconut Oil
	1 1/2 cups Heavy Cream	2 tsp. Parmesan
<b>Cheese</b>	5 oz. Mozzarella Cheese	1 oz. Goat Cheese
	7.5 oz. Cheddar Cheese	2 tsp. Parmesan
	8 oz. Cream Cheese	
<b>Spices</b>	1 tsp. Baking Powder	1/2 tsp. Celery Salt
	1 tsp. Onion Powder	3/4 tsp. Dried Basil
	1 tsp. Red Pepper Flakes	1/4 tsp. Garlic Powder
	1/2 tsp. Oregano	1/4 tsp. Onion Powder
	2 1/2 tsp. Garlic Powder	1 tsp. Dried Basil
	1/2 tsp. Paprika	
	1 1/4 tsp. Dried Tarragon	
<b>Vegetables</b>	3 medium Avocados	11 oz. Spinach
	6 stalks Spring Onions	1 Lemon
	4 oz. Broccoli	1 Lime
	6 tbsp. Basil, chopped	1 small Onion
	2 cups Pico de Gallo	1/2 cup Green Peas
	6 oz. Baby Bella Mushrooms	1/2 cup Green Peas
	1 oz. Green Peas	1/2 cup Green Peas
	1/4 cup Tomato	1/2 cup Green Peas
	1 inch Ginger	1/2 cup Green Peas
<b>Sauces</b>	3 tbsp. Mayonnaise	1/2 cup Green Peas
	1 tsp. Brown Mustard	1/2 cup Green Peas
	1 tsp. Balsamic Vinegar	1/2 cup Green Peas
	1 tsp. Reduced Sugar Ketchup	1/2 cup Green Peas
	1/4 cup Frank's Hot Sauce	1/2 cup Green Peas
	3 cups Beef Broth	1/2 cup Green Peas
<b>Seeds/Nuts</b>	1 Tbsp. Pumpkin Seeds	1/2 cup Green Peas
	1 oz. Macadamia Nuts	1/2 cup Green Peas

### Dinner Recipes

### Creamy Tarragon Chicken

#### Ingredients:

5 oz. Chicken Breast  
1 Tbsp. Olive Oil  
1/4 small onion, sliced thin  
3 oz. Mushrooms  
1/2 cup Chicken Broth  
1/4 cup Heavy Cream  
1 Tbsp. Brown Mustard  
1/2 Tbsp. Dried Tarragon  
Salt and Pepper to Taste

#### Preparation:

1. Cut the chicken into cubes and season with salt and pepper.  
2. Heat olive oil over medium-high heat. Add chicken to the pan & brown on each side. Remove chicken from the pan and set aside on a plate.  
3. Add mushrooms to the pan & cook until soft. Once soft, add onion & let cook until translucent.  
4. Add chicken broth to the pan & allow to reduce slightly, about 3-4 minutes.  
5. Add heavy cream, brown mustard, dried tarragon, & salt and pepper (to taste) to the pan. Mix together, then add the chicken to the pan & let this reduce slightly. About 3-5 more minutes.

Nutrition Info	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
5 oz. Chicken Breast	248	2	0	0	0	29
1 Tbsp. Olive Oil	119	14	0	0	0	0
1/4 small onion, sliced thin	14	0	3	0	3	0
3 oz. Mushrooms	14	0	3	0	3	0
1/2 cup Chicken Broth	29	0	6	0	6	0
1/4 cup Heavy Cream	200	14	0	0	0	0
1 Tbsp. Brown Mustard	4	0	0	0	0	0
1/2 Tbsp. Dried Tarragon	1	0	0	0	0	0
Salt and Pepper to Taste	0	0	0	0	0	0
<b>Total</b>	<b>406</b>	<b>16</b>	<b>9</b>	<b>0</b>	<b>9</b>	<b>29</b>

# One Week of Keto Meals with Budget Breakdown

Here is what that long keto-friendly shopping list will get you.

## Breakfast: Bacon Crusted Frittata Muffins – \$8.42

*Yields 7 muffins – \$1.20 per muffin*

These muffins are so easy to make and so fulfilling that they are now my go-to breakfast. If you cook them in bulk, you can have breakfast for the entire week!

### Ingredients:

- 18 slices bacon – \$4.95
- 7 large eggs – \$1.75
- 1 cup cheddar cheese – \$1.50
- 4 Tbsp. heavy whipping cream – \$0.50
- ½ tsp. ground black pepper – \$0.04
- ½ tsp. onion powder – \$0.04
- ½ tsp. celery salt – \$0.10
- ½ tsp. cayenne pepper – \$0.04



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## Breakfast: Hunger Buster Low Carb Bacon Frittata – \$6.73

*Yields 8 frittatas – \$0.84 per frittata*

Another simple and savory breakfast frittata to start your day off with. Add in some of your leftover spinach or broccoli for an extra health boost.

### Ingredients:

- 8 large eggs – \$2.00
- ½ cup half n' half – \$1.00
- 6 oz bacon, cooked and chopped – \$2.30
- ½ cup cheddar cheese – \$0.75
- 1 Tbsp. butter – \$0.08
- 2 tsp. dried parsley – \$0.04
- ½ tsp. pepper – \$0.04
- ¼ tsp. salt – \$0.02
- **Optional:** sauteed spinach, minced broccoli, or spring onion. – ~\$0.50



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## Lunch: Spinach Watercress Keto Salad – \$6.43

*Yields 4 servings – \$1.61 per serving*

This salad provides you with a delicious way to get some healthy fats, fiber, vitamins, and minerals. Feel free to use whatever greens you prefer (e.g., baby kale, arugula, and sweet baby lettuce). Double the serving or add a leftover frittata on the side for a more filling lunch.

### Ingredients:

- **1 cup** watercress – \$1.00
- **3 cups** baby spinach – \$1.50
- **1 medium** avocado – \$1
- **½ cup** shredded Parmesan cheese – \$1.13
- **¼ cup** avocado oil – \$1.50
- **⅛ cup** lemon juice – \$0.50 (save the lemon rind for later)
- Salt and Pepper to taste – \$0.05



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## Lunch: Bacon Cheeseburger Salad – \$6.27

*Yields 3 Servings – \$2.09 per serving*

Here's a lunch where you will have to use your hidden creative genius to come up with a culinary masterpiece. Well... not really. All you have to do to put this salad together is throw some of your bacon cheeseburger casserole leftovers (or beef, cheese, and bacon) on top of your extra greens.

For example, you can put your leftover watercress and spinach in a bowl and toss it together with some olive oil or avocado oil and lemon juice or vinegar. Put a leftover serving of your bacon cheeseburger casserole from the night before on top (the next recipe on our list), and you've just made a delicious salad.

### Ingredients:

- **1 cup** of baby spinach – \$0.50
- **2-3 cups** of watercress – \$3.00
- **¼ cup** of olive oil – \$0.67
- **⅛ cup** of lemon juice – \$0.50
- **1 serving** of leftover bacon cheeseburger casserole (or leftover beef, bacon, and cheese) – \$1.55
- Salt and Pepper to taste – \$0.05



## Dinner: Bacon Cheeseburger Casserole – \$9.29

*Yields 6 servings – \$1.55 per serving*

Hearty, tasty, filling, and you'll have plenty of leftovers. This bacon cheeseburger casserole is a staple dinner for many ketogenic dieters.

### Ingredients:

- 1 lb. Ground Beef (80/20) – \$4.00
- 3 slices Bacon – \$0.83
- ½ cup Almond Flour – \$1.13
- 265g Cauliflower, riced (~3 cups chopped) – \$0.90
- 1 Tbsp. Psyllium Husk Powder – \$0.20
- ½ tsp. Garlic Powder – \$0.04
- ½ tsp. Onion Powder – \$0.04
- 2 Tbsp. Reduced Sugar Ketchup – \$0.25
- 1 Tbsp. Dijon Mustard – \$0.15
- 2 Tbsp. Mayonnaise – \$0.20
- 3 large Eggs – \$0.75
- 4 oz. Cheddar Cheese (2 oz. inside, 2 oz. on top) – \$0.75
- Salt and Pepper to Taste – \$0.05



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## Dinner: Salmon Patties with Fresh Herbs – \$10.16

*Yields 5 servings – \$2.03 per serving*

Ok, that's enough meat for the week. Let's switch it up with some delicious salmon patties. They are perfect for someone who's looking to add a little bit more seafood to their diet, but feels a little trepidation about cooking fish. These salmon patties come together in a snap and don't require a complicated, or messy, breading station. Combine them with a side of your choice for a deliciously healthy meal.

### Ingredients:

- 2 (14.75-oz) cans pink salmon – \$3
- 2 Tbsp. chopped fresh chives – \$1.25
- ¼ cup chopped fresh dill – \$0.50
- ¼ cup grated Parmesan cheese – \$0.57
- 4 oz pork rinds, crushed – \$2.50
- 2 large eggs – \$0.50
- 1 tsp. lemon zest – \$0.33
- Salt and pepper to taste – \$0.05
- ½ cup almond flour – \$1.13
- 2 Tbsp. olive oil – \$0.33



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## Side: Easy Creamy Cauliflower Mashed Potatoes – \$3.76

*Yields 3 servings – \$1.25 per serving*

Love mashed potatoes, but can't have them on the ketogenic diet? Try these cauliflower "mashed potatoes." They are creamy, delicious, and the perfect side dish to have with your bacon cheeseburger casserole or your salmon patties.

### Ingredients:

- 10 oz cauliflower, riced – \$1.00
- ¼ cup sour cream – \$0.25
- 3 Tbsp. heavy whipping cream – \$0.38
- 3 Tbsp. butter – \$0.24
- 4 Tbsp. Parmesan cheese – \$0.57
- ¼ tsp. garlic powder – \$0.02
- 2 Tbsp. chopped chives – \$1.25
- Salt and pepper to taste – \$0.05



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## Side: Lemon Roasted Spicy Broccoli – \$5.60

*Yields 6 servings – \$0.93 per serving*

It doesn't get much better than this broccoli side dish. Not only is there subtle hints of lemon and acidity running through the broccoli, but the saltiness of the cheese and the spice of the chili flakes bring everything together as a whole. All it takes to make this delicious side dish is preheating your oven, seasoning some broccoli, and stuffing it in the oven for some fantastic hands-off flavors to develop.

### Ingredients:

- 1½ lb. broccoli florets – \$2.50
- ⅓ cup Parmesan cheese – \$0.76
- ¼ cup olive oil – \$0.66
- 2 Tbsp. chopped fresh basil – \$1.25
- 3 tsp. minced garlic – \$0.10
- ½ – ¾ tsp. kosher salt – \$0.05
- ½ tsp. red chili flakes – \$0.03
- ½ lemon juice and zest – \$0.25



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## Dessert: Coconut Peanut Butter Balls – \$1.34

*Yields 15 Coconut Peanut Butter Balls – \$0.09 for each ball*

Got that sweet tooth that you just can't satisfy? You probably can with these peanut butter balls! They taste exactly like a peanut butter cup without the sugar.

### Ingredients:

- 3 Tbsp. creamy peanut butter – \$0.40
- 3 tsp. unsweetened cocoa powder – \$0.10
- 2½ tsp. powdered erythritol – \$0.25
- 2 tsp. almond flour – \$0.09
- ½ cup unsweetened coconut flakes – \$0.50

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## Dessert: Churro Mug Cake – \$1.48

*Yields 1 Mug Cake – \$1.48 per mug cake.*

These churro mug cakes are pretty darn good. They are a lot like the real thing and will totally satisfy your sweet tooth.

### Ingredients:

- 1 large egg – \$0.25
- 2 Tbsp. butter – \$0.16
- 4 Tbsp. almond flour – \$0.57
- 1 Tbsp. erythritol – \$0.25
- 7 drops liquid Stevia – \$0.04
- ½ tsp. baking powder – \$0.05
- ¼ tsp. cinnamon – \$0.02
- ¼ tsp. nutmeg – \$0.02
- ¼ tsp. vanilla – \$0.08
- ⅛ tsp. ginger – \$0.02
- ⅛ tsp. allspice – \$0.02

[See How To Make It »](#)





# Sample Seven Day Keto Meal Plan With Budget & Calorie Breakdown



## Monday

- **Breakfast:** 1 serving of **Bacon Crusted Frittata Muffins**
- **Lunch:** 1 serving of **Spinach Watercress Keto Salad**
- **Dinner:** 1 serving of **Bacon Cheeseburger Casserole**
- **Side Dish:** 1 serving of **Easy Creamy Cauliflower Mashed Potatoes**
- **Dessert (optional):** Eat as many **Coconut Peanut Butter Balls** as necessary to meet your needs

**Total calories:** 1,393 (without dessert)

**Total cost for the day:** \$5.61

## Tuesday

- **Breakfast:** 2 servings of **Hunger Buster Low Carb Bacon Frittatas**
- **Lunch:** 1 serving of **Bacon Cheeseburger Salad**
- **Dinner:** 1 serving of **Salmon Patties with Herbs**
- **Side Dish:** 1 serving of **Lemon Roasted Spicy Broccoli**
- **Dessert (optional):** Eat as many **Coconut Peanut Butter Balls** as necessary to meet your needs

**Total calories:** 1,312 (without dessert)

**Total cost for the day:** \$6.73

## Wednesday

- **Breakfast:** 1 serving of **Bacon Crusted Frittata Muffins**
- **Lunch:** 1 serving of **Spinach Watercress Keto Salad**
- **Dinner:** 1 serving of **Bacon Cheeseburger Casserole**
- **Side Dish:** 1 serving of **Easy Creamy Cauliflower Mashed Potatoes**
- **Dessert (optional):** Eat as many **Coconut Peanut Butter Balls** as necessary to meet your needs

**Total calories:** 1,393 (without dessert)

**Total cost for the day:** \$5.61

## Thursday

- **Breakfast:** 1 serving of **Hunger Buster Low Carb Bacon Frittatas**
- **Lunch:** 1 serving of **Bacon Cheeseburger Salad**
- **Dinner:** 1 serving of **Salmon Patties with Herbs**
- **Side Dish:** 1 serving of **Lemon Roasted Spicy Broccoli**
- **Dessert:** 1 **Churro Mug Cake**

**Total calories:** 1,510 (with dessert)

**Total cost for the day:** \$7.37

## Friday

- **Breakfast:** 1 serving of **Bacon Crusted Frittata Muffins**
- **Lunch:** 1 serving of **Spinach Watercress Keto Salad**
- **Dinner:** 1 serving of **Bacon Cheeseburger Casserole**
- **Side Dish:** 1 serving of **Easy Creamy Cauliflower Mashed Potatoes**
- **Dessert (optional):** Eat as many **Coconut Peanut Butter Balls** as necessary to meet your needs

**Total calories:** 1,393 (without dessert)

**Total cost for the day:** \$5.61

## Saturday

- **Breakfast:** 2 servings of **Hunger Buster Low Carb Bacon Frittatas**
- **Lunch:** 1 serving of **Bacon Cheeseburger Salad**
- **Dinner:** 1 serving of **Salmon Patties with Herbs**
- **Side Dish:** 1 serving of **Lemon Roasted Spicy Broccoli**
- **Dessert (optional):** Eat as many **Coconut Peanut Butter Balls** as necessary to meet your needs

**Total calories:** 1,312 (without dessert)

**Total cost for the day:** \$6.73

## Sunday

- **Breakfast:** 1 serving of **Bacon Crusted Frittata Muffins**
- **Lunch:** 1 serving of **Spinach Watercress Keto Salad**
- **Dinner:** 1 serving of **Bacon Cheeseburger Casserole**
- **Side Dish:** 1 serving of **Lemon Roasted Spicy Broccoli**
- **Dessert (optional):** Eat as many **Coconut Peanut Butter Balls** as necessary to meet your needs

**Total calories:** 1,287 (without dessert)

**Total cost for the day:** \$5.29

As an added bonus for following this meal plan, you will have **plenty of leftovers**:

- One extra serving of **Lemon Roasted Spicy Broccoli**
- Three extra **Bacon Crusted Frittata Muffins**
- Three extra **Hunger Buster Low Carb Bacon Frittatas**
- One extra serving of **Bacon Cheeseburger Casserole**
- Two extra servings of **Salmon Patties with Herbs**

**Not getting enough calories by eating these meals?** Add a serving (or two) of your favorite leftovers to each lunch.

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