

Week Four Meal Plan

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This Week's Goal

Weekly Treat

[Chocolate Chip Cheese
Cake](#)

Monday

Breakfast

[Breakfast Frittata](#)

Lunch

[Veggie Mozzarella Sticks](#)

Dinner

[Mock Potato Soup](#)

Snack

[Bacon Buffalo Chicken Dip](#)

Tuesday

Breakfast

[Cinnamon Roll Breakfast
Casserole](#)

Lunch

[Monterey Chicken](#)

Dinner

[Slow Cooker Italian Beef](#)

Snack

[Chocolate Drizzled Bacon](#)

Wednesday

Breakfast

[90 Second French Toast](#)

Lunch

[Jalapeno Popper Soup](#)

Dinner

[Ham & Green Bean
Casserole](#)

Snack

[Crunchy Munch](#)

Thursday

Breakfast

[Keto/Low Carb Biscuits](#)

Lunch

[Unstuffed Cabbage
Soup](#)

Dinner

[Cockpot Beef Stew](#)

Snack

[Cheese Crackers](#)

Friday

Breakfast

[Toasted Coconut Donuts](#)

Lunch

[Zucchini Fritters](#)

Dinner

[Meatball Casserole](#)

Snack

[Prosciutto Asparagus](#)

Saturday

Breakfast

[Krunchy Keto Hashbrowns](#)

Lunch

[Garlic Bacon Chicken
Bites](#)

Dinner

[Spinach Artichoke
Chicken](#)

Snack

[Avocado Pudding](#)

Sunday

Breakfast

[Pumpkin Cream Cheese
Muffins](#)

Lunch

[Cajun Oven Baked Pickles](#)

Dinner

[Parmesan Crusted
Chicken](#)

Snack

[Guacamole Deviled Eggs](#)

Deli/Dairy

- 3 lb Chicken Boneless/Skinless
- 1lb Rotisserie Chicken meat
- 2.5 lb Chicken Tenders
- 1lb Roast Beef
- 1lb Stew Beef
- 3lb Bacon
- 2-3 dozen eggs
- Bacon
- Cheese: Mozzarella, Cheddar & Monterey Jack Other 32oz total
- 4 – 8oz Cream Cheese
- Sour Cream
- 1 lb Butter
- Parmesan Cheese
- Almond Milk
- 2- 16 oz Heavy Whipping Cream
- 1 lb Ham

Produce

- 1 lb Frozen Spinach
- 5 radish bunches
- 4 turnips
- 6 medium onions
- Tomato
- Garlic Cloves
- Pecans/Almonds/Walnuts
- Baby Carrots/Carrots
- Celery
- Cabbage
- 8oz Mushrooms
- Artichoke Hearts
- 8 Zucchini
- Jalapeno's

Pantry

- Coconut/Almond Flour
- Sugar Free Syrup
- Unsweetened Coconut Flakes
- Coconut Oil
- Pumpkin Puree
- Braggs or Coconut Amino's
- Baking Soda
- Mayonnaise
- 2- Can Diced Tomatoes Italian
- Tomato Paste
- 4 Can French Green Bean
- 1 Can Regular Green Bean
- 3- 32 oz Chicken Broth
- 2- 32 oz Beef Broth
- Xanthan Gum
- Sugar Free Chocolate Chips
- Sugar Free BBQ
- Sugar Free Ketchup

Seasoning +

- Pumpkin Spice
- Salt/Pepper
- Olive Oil
- 2 – Packets Italian Seasoning
- 1 – Worcestershire Sauce
- Truvia Brown Sugar
- Garlic Powder
- Ground Cumin
- Chili Powder
- Curry Powder
- Swerve Powdered Sugar Sub
- Swerve Granular Sugar
- Thyme/Rosemary/Parsley
- Bay Leaves
- Nutmeg
- Vanilla
- Minced Onion

- Snack ideas that do not contain links are just the ingredients shown. Keep snacks simple. Some meal ideas include a side dish that may have a separate link.
- Simply click on the suggested meal and it will take you to the recipe online.
- These meal plans do not have fasting built into them. If you choose to intermittent fast, you work that into your meal plan on your own. Please research how to implement intermittent fasting before you start.
- In addition to this grocery list, check out the list of items that I recommend for the pantry at all times.
- Please adjust list as needed for your individual needs and family size. Some meats can be separated and cooked for several meals. Many items will carry through several weeks.
- Many of the grocery items above are considered staples. You may already have them in your pantry, fridge or freezer. Check off any ingredient you already have.