

# Ketogenic Diet Shopping List: Recipes, Prep, and Budgeting

In this article, you will find a shopping list and budget breakdown for at least a week's worth of delicious keto-friendly meals for one person, so all you have to do is fill up your cart.

☐ Shopping List And Budget Breakdown for One Week of Keto Meals

☐ Buy From The Grocery Store

☐ Buy These Items Online (for the best deals)

☐ One Week of Keto Meals with Budget Breakdown

☐ Breakfast: Bacon Crusted Frittata Muffins – \$8.42

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

☐ Lunch: Spinach Watercress Keto Salad – \$6.43

☐ Lunch: Bacon Cheeseburger Salad – \$6.27

☐ Dinner: Bacon Cheeseburger Casserole – \$9.29

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

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

☐ Side: Lemon Roasted Spicy Broccoli – \$5.60

☐ Dessert: Coconut Peanut Butter Balls – \$1.34

☐ Dessert: Churro Mug Cake – \$1.48