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

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