

Olivia Wyles

Meal Prep Package 01

Grocery List

MEALS

Simple, Best Paleo & Keto Chili (gnom-gnom.com)

Mexican Low Carb Crock Pot Chicken Soup (LowCarbYum.com)

Keto Soft Taco Casserole (OliviaWyles.com)

Low Carb Cheeseburger Casserole (genaw.com)

Meatball Casserole aka Meatball Parmesan (joyfilledeats.com)

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<p>PRODUCE</p> <ul style="list-style-type: none"> <input type="checkbox"/> 6 cloves garlic <input type="checkbox"/> 2 large onion <input type="checkbox"/> 1 zucchini 	<p>REFRIDGERATED</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shredded or cubed Monterey jack or pepper jack cheese (8 oz) <input type="checkbox"/> Shredded cheddar cheese (6 cups) <input type="checkbox"/> Shredded mozzarella cheese (2 cups) <input type="checkbox"/> Shredded parmesan cheese (1/3 cup) <input type="checkbox"/> 3 eggs
<p>PANTRY</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 can diced tomatoes (8 oz) <input type="checkbox"/> Beef broth (2 cups) <input type="checkbox"/> 1 jar chunky Tostitos salsa (15.5 oz) <input type="checkbox"/> Chicken broth (2 cups) <input type="checkbox"/> 3 can Pomi's tomato sauce (8 oz) <input type="checkbox"/> 8 Mission Foods Carb Balance Whole Wheat Soft Taco tortillas 	<p>FREEZER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Frozen cauliflower (32 oz)
<p>MEAT</p> <ul style="list-style-type: none"> <input type="checkbox"/> 10 lb ground beef <input type="checkbox"/> 1.5 lb boneless skinless chicken pieces (thigh or breast) <input type="checkbox"/> 10 strips bacon <input type="checkbox"/> 1 lb ground turkey <input type="checkbox"/> 1 lb Italian sausage 	<p>CHECK YOUR KITCHEN FOR:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cloves <input type="checkbox"/> Chili Powder <input type="checkbox"/> Cumin <input type="checkbox"/> Paprika <input type="checkbox"/> Oregano <input type="checkbox"/> Chipotle Powder <input type="checkbox"/> Cayenne Pepper <input type="checkbox"/> Kosher Salt <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Onion Powder <input type="checkbox"/> Hot sauce <input type="checkbox"/> Butter <input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Basil

Recipe Notes:

Double recipe: Chili: 10 servings
 No change: Chicken Soup: 6 servings
 Double recipe: Soft Taco: 16 servings
 Double recipe: Cheeseburger Casserole: 12 servings
 No change: Meatball Casserole: 6 servings
 Total: 50 servings

Simple, Best Paleo & Keto Chili



Truly heartwarming and packing a big (big!) flavor punch, this paleo and keto chili is bound to have you swooning! Plus, it's truly ideal for meal prepping away.

Course Main, Main Course
Cuisine American
Keyword dairy free, keto, low carb, paleo

Prep Time 30 minutes

Cook Time 3 hours 30 minutes

Total Time 3 hours 45 minutes

Servings 12 servings

Calories 251 kcal

Ingredients

6 cloves garlic ran through a press
2 large onion finely chopped
2 pound ground beef
cloves
3 tablespoons chili powder *
4 teaspoons ground cumin to taste
4 teaspoons paprika to taste
2 teaspoon ground oregano
1 teaspoon chipotle powder optional, to taste
0.5 teaspoon cayenne pepper optional, to taste
2 8-ounce can diced tomatoes
2 cup beef broth
1 cup (gluten free or low carb) beer optional**
0.5 cup strong brewed coffee optional**
kosher salt to taste

Serving suggestions

our keto 'cornbread'!

Instructions

1. Heat up olive oil in a dutch oven or large pot over medium/high heat. Add garlic and onion, and cook until it just begins to brown (about 8 minutes).
2. Lower heat to medium, add ground beef, cloves and a large pinch of salt. Cook until it begins to brown, stirring every so often (5 to 7 minutes). Add in all the spices and cook for a couple more minutes until fragrant. Some peeps enjoy their chili spicier, others strong on cumin, etc... so feel free to adjust the spices slowly as the chili cooks (the fun part!).
3. Add tomatoes and continue to cook over medium heat until it begins to simmer. Lower the heat to low and continue to cook for 15 minutes, stirring every so often.
4. Add in the beef broth, beer (optional) and coffee (optional). Continue to cook for 3 to 8 hours. Adding 1/4 cup water (or broth) at a time, as needed. Remember that the longer you cook it, the more flavor it gets!
5. Allow your chili to rest for 10 minutes prior to serving with your favorite toppings.

Recipe Notes

***Chili spices can vary a lot** in taste (and preference!). Buying a [ready-made chili powder mix](#) is a good place to start. But do feel free to play around with the individual spices to your liking (think chili, oregano, cumin, coriander, paprika, chipotle... you could even add some chili ancho!).

**Adding in some (gluten free, low carb) beer and coffee add a bunch of flavor. But totally optional, and your chili will still be magnificent without them!

Please note that nutrition facts were estimated per serving (assuming a yield of 6).

Nutrition Facts	
Simple, Best Paleo & Keto Chili	
Amount Per Serving	
Calories 251	Calories from Fat 153
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 6g	30%
Cholesterol 59mg	20%
Sodium 338mg	14%
Potassium 474mg	14%
Total Carbohydrates 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 16g	32%
Vitamin A	21.8%
Vitamin C	9.8%
Calcium	5.7%
Iron	18.4%
* Percent Daily Values are based on a 2000 calorie diet.	

Simple, Best Paleo & Keto Chili <https://www.gnom-gnom.com/paleo-keto-chili/>

LOW CARB CROCK POT CHICKEN SOUP★★★★★

COURSE: SOUP CUISINE: MEXICAN KEYWORD: LOW CARB SOUP

PREP TIME: 5 MINUTES COOK TIME: 4 HOURS

TOTAL TIME: 4 HOURS 5 MINUTES SERVINGS: 6 SERVINGS

CALORIES: 331KCAL AUTHOR: LISA | LOW CARB YUM



No time for cooking? Try this ridiculously easy low carb crock pot Mexican chicken soup recipe. It's made with only 4 ingredients!

INGREDIENTS

- 1 1/2 pounds chicken pieces boneless/skinless, I used thigh meat
- 15.5 ounces chunky salsa I used Tostitos
- 15 ounces chicken bone broth
- 8 ounces Monterey or Pepper Jack cheese cubed small or shredded

INSTRUCTIONS

1. Place chicken pieces at the bottom of a 6 quart crock pot.
2. Add remaining ingredients.
3. Cook on high 3-4 hours or low 6-8 hours.
4. Remove chicken pieces and shred chicken. Return to crock.
5. Serve hot.

NOTES

About 5.1g net carbs per serving.

NUTRITION

Serving: 1 bowl | Calories: 331kcal | Carbohydrates: 5g | Protein: 25g | Fat: 23g | Saturated Fat: 10g | Cholesterol: 91mg | Sodium: 1032mg | Potassium: 441mg | Fiber: 1g | Sugar: 3g | Vitamin A: 15% | Vitamin C: 9.2% | Calcium: 31.7% | Iron: 7.8%

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Keto Soft Taco Casserole

Ingredients:

- 1 lb ground beef
- 1 8 oz can of organic tomato sauce
- 4 Mission Foods Carb Balance Whole Wheat Soft Taco tortillas
- 2 cups cheddar cheese
- Season to taste with salt, black pepper, garlic powder, onion powder, chili powder, cumin, and hot sauce.

Additional toppings (optional, not included in macros):

- Sour Cream
- Chopped Romaine Lettuce

Instructions:

1. Preheat oven to 350 degrees.
2. Brown the meat, drain excess fat.
3. Add in tomato sauce and seasonings to taste.
4. Prepare casserole dish with Pam cooking spray.
5. Layer tortillas, meat, and cheese in casserole pan.
6. Bake at 350 degrees for 20-30 minutes uncovered until cheese on top is bubbling.

Macros:

Per 1/8 Recipe | 255 Calories || 13g Fat || 28g Protein || 5g Carbohydrate || 0g Dietary Fiber || 5g Net Carbs

Can be frozen

oliviawyles.com

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TOOT'S CHEESEBURGER CASSEROLE

2 pounds ground beef
5 strips bacon, chopped
16 ounces frozen cauliflower
Butter
Salt and pepper, to taste
Pinch garlic powder
1 egg
8 ounce cheddar cheese, shredded

Brown the hamburger and bacon together; drain the fat. Add the salt, pepper, garlic powder, egg and 3/4 of the cheese. Meanwhile, cook the cauliflower until very tender. Mash and season with salt and pepper and a little butter. Put the cauliflower in a greased 2-quart casserole dish. Spread the meat mixture over the cauliflower and top with the remaining cheese. Bake, uncovered, at 350° for 35 minutes, until hot and bubbly.

Makes 6 servings
Can be frozen

Per Serving: 487 Calories; 35g Fat; 38g Protein; 4g Carbohydrate; 2g Dietary Fiber; 2g Net Carbs



This tasted pretty good, but I think it might be better to put the meat on the bottom and top with the cauliflower and cheese. I wasn't too crazy about it at first, but I grew to like it the more I ate it.

Meatball Casserole aka Meatball Parmesan



5 from 19 votes

Prep Time

15 mins

Cook Time

45 mins

Total Time

1 hr

If you need family dinner this Meatball Casserole should be it. Flavorful low carb meatballs covered in sauce & cheese for the best meatball parmesan ever.

Course: dinner, Main Course

Cuisine: American, Italian

Servings: 8 servings

Calories: 427 kcal

Author: Taryn

Ingredients

Meatball Ingredients:

- 1 lb ground turkey
- 1 lb Italian sausage
- 1 cup shredded mozzarella
- 1/3 cup grated or shredded parmesan
- 1 shredded zucchini about 1 cup
- 1 egg
- 2 tsp dried minced onion
- 2 tsp dried minced garlic
- 2 tsp dried basil
- 1 tsp salt

Casserole Ingredients:

- 1 cup no sugar added pasta sauce
- 8 oz shredded cheese (I used a two cheese pizza blend of mozzarella and provolone)

Instructions

1. Preheat oven to 400. Spray a casserole dish with cooking spray
2. Combine all the ingredients for the meatballs and mix thoroughly. Make about 24 meatballs and put them in the casserole dish.
3. Bake for 30 minutes or until the meatballs are cooked through. Carefully drain the cooking liquid from the casserole dish.
4. Top with the sauce and cheese. Bake for an additional 10-15 minutes or until the cheese is melted.
5. Optional: I broiled for 3-4 minutes at the end to toast the cheese. Watch it carefully if you put it under the broiler. The cheese can burn easily.

Recipe Notes

Substitutions: you can use any type of ground meat (beef, pork, turkey, chicken) and any type of Italian sausage (pork, chicken, or turkey) in these meatballs.

You may also omit the zucchini or sub in chopped spinach if you prefer.

Nutrition Facts	
Meatball Casserole aka Meatball Parmesan	
Amount Per Serving	
Calories 427	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 13g	65%
Cholesterol 131mg	44%
Sodium 1237mg	52%
Potassium 535mg	15%
Total Carbohydrates 5g	2%
Sugars 2g	
Protein 33g	66%
Vitamin A	10.9%
Vitamin C	9.5%
Calcium	29.2%
Iron	11.4%
* Percent Daily Values are based on a 2000 calorie diet.	

Meatball Casserole aka Meatball Parmesan <https://joyfilledeats.com/meatball-parm-casserole/>