

Saving Dinner the Low-Carb Way Shopping List

Fall Menus

Week 1

MENU

- Day 1: Sweet Teriyaki Pork Chops
- Day 2: Low carb Mexican Casserole
- Day 3: Jack Fish
- Day 4: Bourbon Chicken on Spinach
- Day 5: Happy Family Beef Stir-Fry
- Day 6: Crock Goulash

SHOPPING LIST

MEAT

- 4 boneless skinless chicken breast halves
- 1 pound beef flank steak
- 4 boneless pork chops (4-6 oz each)
- 1 1/2 pounds boneless pork (cutting into 1" cubes)
- 1 pound ground turkey
- 1 pound Cod fillets (if not using frozen)

CONDIMENTS

- Olive oil
- Sesame oil, dark
- Teriyaki sauce
- Soy sauce (low sodium if available)
- Ketchup
- Honey
- Vinegar
- **1c salad dressing – your choice

PRODUCE

- 1 small green bell pepper
- 1 small red bell pepper
- 1/2 pound snow pea pods
- 2 bunches green onions (need 1/2 cup + 4 teaspoons)
- 3 lbs onions (keep on hand)
- 2 medium tomatoes
- 1 head garlic
- 1 piece gingerroot (you need 1 tablespoon grated)
- 1 bag spinach (need 4 cups) **1c (1 meal)
- Red cabbage (need 3 cups)
- **1c 2 heads lettuce (not iceberg) (2 meals)
- **1c salad veggies (2 meals)
- **1c spaghetti squash (1 meal)
- **1c green beans (1 meal)
- **1c turnip (1 meal)
- **1c broccoli (1 meal)
- **1c cauliflower (1 meal)
- **1c pumpkin wedges (1 meal)
- **Russet potatoes (1 meal)
- **Red potatoes (2 meals)

CANNED GOODS

- 1 14.5 ounce can chicken broth (need 1/2 cup)
- 1 jar salsa (need 3/4 cup)
- Black olives (need 1/4 cup chopped)
- Apple juice (4 tablespoons) (if not using Bourbon)
- **Black beans

SPICES

- Garlic powder
- Basil
- Paprika
- Caraway seed

DAIRY/DAIRY CASE

- Butter
- Half and half (need 1/2 cup)
- Sour cream (need 4 tablespoons + 1/2 cup)
- Cheddar cheese (need 1 cup shredded)
- Monterey Jack cheese (need 1/2 cup shredded)
- **1c 8 oz package cream cheese

DRY GOODS

- Whole wheat flour
- Sugar
- Cornstarch
- 1 package taco seasoning mix
- **2 pounds brown rice

FROZEN FOODS

- 1 pound Cod fillets (if not using fresh)

BAKERY

- **1c low carb tortillas

OTHER

- Bourbon (need 4 tablespoons) (if not using apple juice)

Send your friends to the website to pick up their sample menu. <http://www.savingdinner.com>