

# Saving Dinner the Low-Carb Way Shopping List

Fall Menus

Week 2

## MENU

Day 1: Low-Carb Crab Cakes

Day 2: Classic Salisbury Steak

Day 3: Indian Summer Chicken Skillet

Day 4: Dill Salmon Chowder

Day 5: Apricot Dijon Pork Chops

Day 6: Crock Beef Stew with Oven-Roasted Vegetables

## SHOPPING LIST

### MEAT

- 4 boneless skinless chicken breasts
- 1 pound extra lean ground beef
- 1 3/4 pounds beef stew meat
- 4 pork chops (about 1/2 inch thick)
- 2 cups crab, shredded (if not using frozen or canned)

### CONDIMENTS

- Mayonnaise
- Dijon mustard
- Tabasco sauce
- Olive oil
- Vegetable oil
- Horseradish
- Cider vinegar
- Vinegar (if not using white wine)
- Apricot spreadable fruit /jam (need 1/4 cup)
- \*\*1c salad dressing – your favorite

### PRODUCE

- 2 heads garlic
- 3 pound bag onions (keep on hand)
- Green onions
- Celery
- 2 tomatoes (need 1/2 cup diced)
- 4 plum tomatoes
- Mushrooms (need 3 cups + 12 medium mushrooms)
- 1 turnip \*\*1c extra (1 meal)
- \*\*1c 1 head lettuce (not iceberg) (1 meal)
- \*\*1c 2 bags spinach leaves (2 meals)
- \*\*1c 1 bag coleslaw mix (1 meal)
- \*\*1c salad vegetables (1 meal)
- \*\*1c broccoli (1 meal)
- \*\*1c 3 heads cauliflower (3 meals)
- \*\*1c artichokes (1 meal)
- \*\*Russet potatoes (4 meals)
- \*\*1c green beans (1 meal)

## CANNED GOODS

- 2 cups crab, shredded (if not using frozen or fresh) (about 3 6-oz cans)
- 2 cups cook salmon (2 small cans or 1 large can)
- 2 14.5 ounce cans beef broth
- 1 14.5 ounce can chicken broth (need 1/3 cup)

## SPICES

- 8 basil leaves -- fresh
- Dill
- Thyme

## DAIRY/DAIRY CASE

- 2 eggs
- Butter
- Half and half (need 1 1/2 cups or 12 ounces)
- \*\*1c 2 8-oz package cream cheese
- \*\*1c cheddar cheese, shredded
- \*\*Milk

## DRY GOODS

- Flour
- Cornstarch
- \*\*1 pound brown rice

## FROZEN FOODS

- 2 cups crab, shredded (if not using fresh or canned)

## BAKERY

- 1 loaf whole-wheat low carb bread (need 4-6 slices)
- \*\*4 hamburger buns
- \*\*Whole grain rolls

## OTHER

- White wine (need 1/4 cup) (if not using white grape juice/vinegar)
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Send your friends to the website to pick up their sample menu. <http://www.savingdinner.com>