

Saving Dinner the Low-Carb Way Shopping List

Fall Menus

Week 4

MENU

Day 1: Easy Pork Skillet Stew

Day 2: Buffalo Chicken Breasts

Day 3: Ginger-Lime Salmon

Day 4: Animal Burgers

Day 5: Sesame Shrimp

Day 6: Crock Morock Chicken

SHOPPING LIST

MEAT

- 1 pound lean pork
- 4 boneless skinless chicken breast halves
- 8 skinless chicken thighs
- 1 pound extra lean ground beef
- 4 salmon fillets (about 6 ounces each)

CONDIMENTS

- Olive oil
- Vegetable oil
- Sesame oil
- Dijon mustard
- Honey
- Low sodium soy sauce
- Tabasco sauce
- Blue cheese salad dressing (need 4 tablespoons)
- **1c salad dressing – your choice
- **1c mayonnaise

PRODUCE

- 3 pounds onions (keep on hand)
- 2 bunches green onions
- 2 heads garlic
- 1 piece ginger root (need 2 tablespoons)
- 1 large tomato
- 1 Granny Smith apple
- 2 lemons (need 3 tablespoons juice)
- 2-3 limes (need 1/4 cup juice)
- 1 head iceberg lettuce
- Mushrooms (need 1 cup)
- 2 cups green beans
- **1c snow pea pods (1 meal)
- **1c celery (1 meal)
- **1c 2 heads cauliflower (2 meals)
- **1c 1 head lettuce (not iceberg) (1 meal)
- **1c 1 bunch kale (1 meal)
- **1c 1 bag coleslaw mix (2 meals)
- **1c salad vegetables (1 meal)
- **1c spaghetti squash (1 meal)
- **1c pumpkin wedges (1 meal)
- **1c turnips (1 meal)
- **Russet potatoes (4 meals)

CANNED GOODS

- Apple juice (need 1/4 cup)
- 1 14.5-ounce can chicken broth

SPICES

- Cumin
- Paprika
- Thyme
- Garlic powder
- Sesame seeds
- Cayenne pepper

DAIRY/DAIRY CASE

- Low-fat cheddar cheese (need 2 ounces sliced)
- **1c 8-ounce package cream cheese
- **Milk
- **Butter
- **Sour cream

DRY GOODS

- Flour
- Brown sugar
- **2 pounds brown rice

FROZEN FOODS

- 1 pound frozen medium shrimp (buy precooked)

OTHER

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