

Saving Dinner the Low-Carb Way Shopping List

Spring Menus

Week 1

MENU

- Day 1: Mexican Chicken Skillet
- Day 2: Bistro Salmon
- Day 3: Oven-Roasted Flank Steak
- Day 4: Low-Carb Italian Wedding Soup
- Day 5: Turkey Picadillo
- Day 6: Crock Pork Jambalaya

SHOPPING LIST

MEAT

- 8 chicken breast tenders
- 1 pound flank steak
- 1 pound ground turkey
- 4 boneless pork chops
- 4 salmon fillets
- 1/2 pound Italian sausage
- 1/2 pound kielbasa

CONDIMENTS

- Olive oil
- Vegetable oil
- Balsamic vinegar
- Soy Sauce (low sodium if available)

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic
- 1 bunch green onions
- 1 green bell pepper
- 3 red bell peppers
- 1-2 tomatoes (need 1 cup)
- 3 zucchini (need 2 + 1 cup)
- 1 small carrot
- Celery (need 2 stalks)
- Spinach (need 1 cup) **1c extra (2 meals)
- Kale (need 2 cups)
- **1c 1-2 heads lettuce (not iceberg) (2 meals)
- **1c 1 head cauliflower (1 meal)
- **1c salad veggies (2 meals)
- **1c green beans (1 meal)
- **1c Brussels sprouts (1 meal)
- **1c mushrooms (1 meal)
- **1c turnips (2 meals)
- **1c rutabagas (1 meal)
- **Red potatoes (1 meal)
- **Russet potatoes (1 meal)

CANNED GOODS

- 2 14.5-oz can chicken broth (you need 1 can + 1/2 cup)
- 1 14.5-oz can stewed tomatoes
- 1 14.5-oz can tomatoes
- 1 4-oz can tomato sauce
- 1 jar salsa (need 1 cup)
- **1 can black beans (1 meal)

SPICES

- Chili powder
- Cajun seasoning
- Cayenne pepper -- optional
- Bay leaf
- Ground cumin
- Garlic powder
- Oregano
- Marjoram
- Red pepper flakes
- Rosemary

DAIRY/DAIRY CASE

- **1c Romano cheese (garnish)
- **1c 8-oz package cream cheese
- **Butter
- **Milk

DRY GOODS

- Brown sugar
- **2 pounds brown rice (3 meals)

FROZEN FOODS

- 1 bag whole kernel corn (need 1/2 cup)

BAKERY

- **Whole grain rolls

OTHER

- White wine -- optional
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