

# Saving Dinner the Low-Carb Way Shopping List

Spring Menus

Week 2

## MENU

Day 1: Broiled Greek Shrimp

Day 2: **RECIPE RAVE: Bleu Cheese Cube Steaks**

Day 3: Szechwan Turkey on Spinach

Day 4: Many-Herbed Roast Salmon

Day 5: Chicken Chili

Day 6: Leanne's Crock Veggie Soup

## SHOPPING LIST

### MEAT

- 2 pounds large shrimp, raw (peeled and deveined)
- 4 salmon fillets
- 6 boneless skinless chicken breast halves
- 8 turkey cutlets
- 4 cube steaks

### CONDIMENTS

- Olive oil
- Vegetable oil
- \*\*1c salad dressing – your choice

### PRODUCE

- 3 pounds onions (keep on hand)
- 1 small red onion
- 2 medium red bell pepper
- 2 jalapeno peppers -- optional
- Celery (you need 3 stalks)
- 2 large carrots
- 1 medium turnip
- 2 heads garlic
- 1 piece gingerroot (need 1 tablespoon)
- 1-2 lemons (need 2 tablespoons juice)
- 1 lime (need about 1 tablespoon juice)
- 1 head cabbage (need 1/4 head)
- 1 bunch cilantro (need 2 tablespoons)
- 1 bunch fresh Italian parsley (need 1/2 cup + extra for garnish)
- 1-2 bags spinach (need 8 cups) \*\*1c extra (1 meal)
- Snow peas (need 1 cup)
- 2 cups green beans
- 2 russet potatoes \*\*extra (1 meal)
- \*\*1c 2-3 heads lettuce (not iceberg) (3 meals)
- \*\*1c 2 heads cauliflower (2 meals)
- \*\*1c kale (1 meal)
- \*\*1c spaghetti squash (1 meal) \*\*(1 meal)
- \*\*1c salad veggies (3 meals)
- \*\*1c zucchini (1 meal)
- \*\*1c yellow squash (1 meal)

## CANNED GOODS

- 3 14.5-ounce cans diced tomatoes
- 1 28-ounce can tomatoes
- 4 14.5-ounce OR 1 48-ounce can(s) chicken broth
- \*\*1 can corn (1 meal)
- \*\*1 can white beans (1 meal)

## SPICES

- Thyme
- Basil
- Cumin
- Ground coriander
- Cayenne pepper
- Ground pepper
- Crushed red pepper

## DAIRY/DAIRY CASE

- Crumbled Feta cheese (need 1 cup)
- Bleu cheese crumbles (4 tablespoons)
- Orange juice (need 1/4 cup) (if not buying frozen)
- Butter
- \*\*1c 8-ounce package cream cheese
- \*\*Sour cream (garnish) (2 meals)
- \*\*1c low-fat cheddar cheese (about 1 cup)
- \*\*1c cheese for grilled quesadillas – your choice (Mexican blend, cheddar, etc.)

## DRY GOODS

- Cornstarch
- \*\* 2-3 pounds brown rice (3 meals)

## FROZEN FOODS

- Orange juice (need 1/4 cup) (if not buying fresh)

## BAKERY

- \*\*1c low carb tortillas (1 meal)
- \*\*Regular tortillas or loaf of bread (1 meal)
- \*\*Cornbread muffins (1 meal)

## OTHER

- Dry sherry – optional (need 2 tablespoons)

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