

Saving Dinner the Low-Carb Way Shopping List

Spring Menus

Week 3

MENU

- Day 1: Chinese Beef and Broccoli
- Day 2: Crustless Quiche Lorraine
- Day 3: **RECIPE RAVE: Cajun Salmon**
- Day 4: Herbed Skillet Pork Chops
- Day 5: Ritz Crab Casserole
- Day 6: Southwest Crock Chicken

SHOPPING LIST

MEAT

- 1 pound beef boneless sirloin or round steak
- 4 pork chop, about 1/2" thick
- 8 boneless skinless chicken thighs
- 4 4-ounce salmon fillets
- 5 ounces crab meat (about 1 cup) (if not using frozen or canned)
- 8 turkey bacon slices

CONDIMENTS

- Olive oil
- Vegetable oil
- Sesame oil
- Soy sauce (low sodium if available)
- Dry sherry (need 1 tablespoon) (optional)
- Balsamic vinegar (1/4 cup) (if not using vermouth wine)
- **Salad dressing – your choice

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic
- 1 piece gingerroot (need 1 teaspoon)
- 1-2 lemons
- 1 large red bell pepper
- 2 medium zucchini
- Broccoli (need 1 pound flowerets) **1c 1 head (1 meal)
- Mushrooms (need 2 cups)
- 1 bunch parsley (need 2 tablespoons)
- 1 bunch cilantro – optional topping
- **1c 2-3 heads lettuce (3 meals)
- **1c 2-3 bags spinach (3 meals)
- **1c 1-2 heads cauliflower (2 meals)
- **1c spaghetti squash (1 meal)
- **1c salad veggies (3 meals)
- **1c green beans (1 meal)
- **1c yellow string beans (1 meal)
- **Yukon gold potatoes (1 meal)

CANNED GOODS

- 2 14.5-ounce cans chicken broth
- Apple juice (need 1/4 cup)
- 5 ounces crab meat (about 1 cup) (if not using frozen or fresh)
- 1 jar salsa (need 3/4 cup)

SPICES

- Cumin
- Thyme
- Garlic powder
- Onion powder
- White pepper
- Cayenne pepper
- Cajun seasoning

DAIRY/DAIRY CASE

- Butter
- 6 eggs
- Half and half (need 1 1/2 cups)
- Swiss cheese (1 cup shredded)
- Skim milk (need 1 cup) (or any milk you have)
- Sour cream – optional topping
- **1c Romano cheese (garnish)

DRY GOODS

- Cornstarch
- Whole wheat flour
- **1 package noodles (egg noodles or angel hair good; any style okay)
- **2-3 pounds brown rice (3 meals)

FROZEN FOODS

- 5 ounces crab meat (about 1 cup) (if not using fresh or canned)

OTHER

- Vermouth (need 1/2 cup) (if not using vinegar/apple juice)

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