

Saving Dinner the Low-Carb Way Shopping List

Summer Menus

Week 1

MENU

- Day 1: Tandoori-Style Chicken
- Day 2: Thai Beef Salad
- Day 3: Greek Turkey Burgers
- Day 4: Pub Pork Ribs
- Day 5: Skillet Salmon with Horseradish Cream
- Day 6: Crock Swiss Steak

SHOPPING LIST

MEAT

- 4 boneless skinless chicken breast halves
- 1 pound flank steak
- 1 pound round steak
- 1 pound ground turkey
- 1 1/2 pounds pork spareribs
- 4 salmon fillets

CONDIMENTS

- Olive oil
- Vegetable oil
- Teriyaki sauce
- Rice vinegar
- Vinegar (if not using beer)
- Peanut butter
- Barbecue sauce
- Low-fat mayonnaise **1c extra
- Horseradish sauce
- **1c Salad dressing – your favorite

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic (need 6 cloves)
- 1 piece ginger root (need 3 tablespoons)
- 1 head red cabbage
- 1 head green cabbage
- 1 head Romaine lettuce
- 1 bunch cilantro (need 1/4 cup)
- 1 large cucumber (need 1/4 of it + 1/2)
- 1 tomato **1c 3-4 extra
- Mint (need 4 teaspoons)
- **1c 1 head lettuce (not iceberg) (1 meal)
- **1c 1 bag coleslaw mix (1 meal)
- **1c fresh basil
- **1c celery sticks (1 meal)
- **1c 2 heads cauliflower (2 meal)
- **1c eggplant (1 meal)
- **1c yellow squash (1 meal)
- **1c zucchini (1 meal)
- **1c salad veggies (1 meal)
- **Red rose potatoes (1 meal)
- **Russet potatoes (1 meal)

CANNED GOODS

- 1 8-oz. can tomato sauce

SPICES

- Basil
- Cayenne pepper
- Curry powder
- Ginger
- Garlic powder
- Italian seasoning
- Onion powder
- Red pepper flakes
- Sesame seeds
- Thyme
- Kosher salt (optional)

DAIRY/DAIRY CASE

- Buttermilk (need 1 cup + 1 tablespoon)
- Plain yogurt (need 1/2 cup)
- Low-fat sour cream (need 1/2 cup)
- 1 egg
- Feta cheese (need 1/2 cup)
- **1c 2 8-oz. packages cream cheese
- **Potato salad (or make your own)

DRY GOODS

- Sugar (or Splenda)
- Brown sugar
- **1-2 pounds brown rice (2 meals)
- **Angel hair pasta (about 2 oz per person)

BAKERY

- 1 loaf low carb whole wheat bread (need 1-2 slices)

OTHER

- Beer or beer substitute (need 2 cups) (if not using gingerale)
- Gingerale (need 2 cups) (if not using beer)

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