

# Saving Dinner the Low-Carb Way Shopping List

Summer Menus

Week 2

## MENU

- Day 1: Mu Shu Chicken
- Day 2: BBQ Beef Kabobs
- Day 3: Greek Summer Fish
- Day 4: Pork Chops and Squash
- Day 5: Taco Salad
- Day 6: Red Stuffed Peppers

## SHOPPING LIST

### MEAT

- 4 boneless skinless chicken breast halves
- 1 pound ground chicken
- 1 pound extra lean ground beef
- 1 pound sirloin steak
- 4 boneless pork chops – about 1/2 inch thick
- 4 fish fillets (cod and halibut are good choices)

### CONDIMENTS

- Olive oil
- Vegetable oil
- Ketchup
- Soy Sauce (low sodium if available)
- Plum preserves (need 2 teaspoons)
- Balsamic vinegar
- Vinegar (if not using red wine)
- Worcestershire sauce
- Italian salad dressing – your favorite
- \*\*1c salad dressing – your favorite
- \*\*Mayonnaise

### PRODUCE

- 3 pounds onions (keep on hand)
- 2 heads garlic
- 1 16-oz. bag shredded cabbage
- 1 10-oz. bag baby lettuce leaves
- 1 carrot
- 2 bunches green onions \*\*1c additional
- 1 bunch cilantro (need 1/2 cup)
- 5 red bell peppers
- 2 yellow squash
- 2 zucchini
- 3 tomatoes
- \*\*1c 1 head lettuce (not iceberg) (1 meal)
- \*\*1c 1 head cauliflower (1 meal)
- \*\*1c 1 head broccoli (1 meal)
- \*\*1c 1 bag coleslaw mix (1 meal)
- \*\*1c 1 bag spinach (1 meal)
- \*\*1c asparagus (1 meal)
- \*\*1c green beans (1 meal)
- \*\*1c salad veggies (1 meal)
- \*\*Red rose potatoes (1 meal)

## CANNED GOODS

- 1 14.5-oz. can diced tomatoes
- 1 14.5-oz can chicken broth

## SPICES

- Basil
- Bay leaf
- Chili powder
- Cumin
- Cayenne pepper
- Garlic powder
- Red pepper flakes
- Oregano

## DAIRY/DAIRY CASE

- Butter
- Low-fat sour cream (need 2 tablespoons)
- Feta cheese (need 1 cup)
- Low-fat cheddar cheese (need 3 cups) \*\*1c additional
- \*\*1c eggs (need to hardboil – see day 4)
- \*\*1c 8-oz. package cream cheese

## DRY GOODS

- Whole wheat flour
- \*\*2-3 pounds brown rice (4 meals)

## BAKERY

- \*\*1c low carb whole wheat tortillas (2 meals)
- \*\* Flour or whole wheat tortillas (for quesadillas)

## OTHER

- Red wine (need 1/2 cup) (if not using red grape juice)
- Red grape juice (need 1/2 cup) (if not using red wine)
- Bamboo or metal skewers

---

---

---

---

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