

# Saving Dinner the Low-Carb Way Shopping List

Summer Menus

Week 6

## MENU

Day 1: Barbecue Lemon Chicken

Day 2: Cobb Salad

Day 3: Unshished Kabobs

Day 4: Wahoo Tacos

Day 5: Ratatouille Turkey

Day 6: Crock Loaf

## SHOPPING LIST

### MEAT

7 boneless skinless chicken breast halves

4 slices turkey bacon

8 turkey breast cutlets

1 1/2 pounds ground turkey

1 pound sirloin steak

4 fish fillets

### CONDIMENTS

Olive oil

Vegetable oil

Teriyaki

Rice vinegar

Sesame oil

Ketchup

Vinaigrette dressing – your choice (homemade or bottled)

### PRODUCE

3 pounds onions (keep on hand)

1 small red onion

1 head garlic (need 8 cloves)

1 bunch cilantro (need 1 cup)

2-3 lemons (need 1/2 cup juice)

3-4 limes (garnish + juice)

2 tomatoes \*\*lc additional (1 meal)

1 red pepper

3 green pepper

1 stalk celery

1 eggplant

1 zucchini

Chiles (garnish)

2 avocados

Mushrooms (not sliced!) (need 1 cup)

2 heads Romaine lettuce

1 10-oz bag spinach

\*\*lc 2-3 heads lettuce (not iceberg) (3 meals)

\*\*lc 1 head cauliflower (1 meal)

\*\*lc broccoli (1 meal)

\*\*lc zucchini (1 meal)

\*\*lc yellow squash (1 meal)

(produce continued in next column)

\*\*lc salad veggies (3 meals)

\*\*red potatoes (1 meal)

\*\*russet potatoes (1 meal)

## CANNED GOODS

1 14.5-oz. can diced tomatoes with roasted garlic and onions

1 jar salsa (your choice)

1 can black olives (garnish)

\*\*1 can black beans (1 meal)

## SPICES

Cumin

Nutmeg

Oregano

White pepper

## DAIRY/DAIRY CASE

Low-fat sour cream (garnish)

Half and half (need 1/2 cup)

Blue cheese crumbles (need 1/3 cup)

Parmesan cheese -- optional

3 eggs (need to hard boil 2 eggs)

\*\*lc 8-oz. package

## DRY GOODS

Seasoned bread crumbs (2 tablespoons)

\*\*1 pound brown rice

## BAKERY

\*\*lc low carb corn tortillas

\*\*whole grain rolls

\*\*corn tortillas

## OTHER

Bamboo or metal skewers

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