

Saving Dinner the Low-Carb Way Shopping List

Winter Menus

Week 1

MENU

Day 1: Pepper Stuffed Herb Chicken

Day 2: Pork Chops Diane

Day 3: Asian Salmon Patties

Day 4: Mexican Flank Steak

Day 5: Low-Carb Turkey Divan

Day 6: Crock Goulash

SHOPPING LIST

MEAT

- 4 chicken breasts (bone-in with skin)
- 4 boneless loin pork chops (about 1 pound total)
- 1 1/2 pounds boneless pork (cutting into 1" cubes)
- 2 cups turkey breast cutlets
- 2 cups salmon (cooked) (if not buying canned)
- 1 pound beef flank steak

CONDIMENTS

- Olive oil
- Sesame oil
- Lime juice
- Vinegar (if not using white wine or sherry)
- Worcestershire sauce
- Ketchup
- Dijon mustard
- **1c mayonnaise
- **1c rice vinegar
- **1c balsamic vinegar

PRODUCE

- 3 pounds onions (keep on hand)
- 1 bunch green onions
- 1 bunch cilantro **1c additional
- 1 head garlic
- 1 piece ginger root (need 1 tablespoon)
- 2 red bell peppers
- 2 lemons (need 2 tablespoons juice)
- 1 lime
- 1 head red cabbage (need 2 cups shredded)
- 1 bunch parsley
- **1c kale (1 meal)
- **1c 2 bags spinach (2 meals)
- **1c 1 bag coleslaw mix (1 meal)
- **1c 1 bunch Swiss chard (1 meal)
- **1c 1 head cauliflower (1 meal)
- **1c rutabaga (1 meal)
- **1c Hubbard squash (1 meal)
- **1c 1 red onion (1 meal)
- **Russet potatoes (2 meals)

CANNED GOODS

- 1 14.5-ounce can chicken broth
- Salmon (2 cups) (if not buying fresh)
- 1 jar salsa – your favorite (need 1/2 cup)
- **1c dry roasted peanuts (crushed)

SPICES

- Oregano
- Basil
- Paprika
- Lemon pepper
- Crushed red pepper
- **1c nutmeg

DAIRY/DAIRY CASE

- Butter
- Sour cream (need 1/2 cup) (**extra for garnish)
- Feta cheese (need 1/4 cup)
- Romano cheese (need 1/4 cup grated)
- 1 egg
- Half and half (need 1/4 cup)
- **1c 8-ounce package of cream cheese
- **milk

DRY GOODS

- Whole-wheat flour
- **1c white sugar or Splenda
- **1c walnuts
- **1-2 pounds brown rice (2 meals)
- **1 package angel hair pasta (1 meal)

FROZEN FOODS

- 1 10-oz bag frozen broccoli flowerets

BAKERY

- **whole-wheat hamburger buns
- **whole-wheat flour tortillas

OTHER

- White wine (need 3/4 cup) (if not using white grape juice)
- Sherry (need 1 tablespoon) (if not using red grape juice)
- White grape juice (need 3/4 cup) (if not using white wine)
- Red grape juice (need 1 tablespoon) (if not using sherry)

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