

Saving Dinner the Low-Carb Way Shopping List

Winter Menus

Week 2

MENU

Day 1: Shrimp Scampi

Day 2: Skillet Chicken with Apple-Cider Sauce

Day 3: Classic Salisbury Steak and Mushrooms

Day 4: Tuscan Pork Chops

Day 5: Baked Salmon with Cilantro Pesto

Day 6: RECIPE RAVE: Caroline's Cheesy Crock Cauliflower Soup

SHOPPING LIST

MEAT

- 4 boneless skinless chicken breast halves
- 1 pound extra lean ground beef
- 4 boneless pork chops
- 1 pound large raw shrimp (peeled and deveined) (if not buying frozen)
- 4 salmon fillets
- 4 slices turkey bacon

CONDIMENTS

- Olive oil
- Vinegar (if not using white or red wine)
- **1c salad dressing – your favorite

PRODUCE

- 3 pounds onions (keep on hand)
- 2 heads garlic (need 9 cloves)
- 2 tomatoes (**1c 1 extra)
- Mushrooms (need 3 cups sliced)
- 1 medium stalk celery
- 1 medium carrot
- 1 lemon
- 1 lime (need 1 tablespoon juice)
- 1 apple
- 1 bunch parsley (need 1/4 cup chopped)
- 1 bunch cilantro (need 1 1/4 cups)
- **1c 3 heads lettuce (not iceberg) (3 meals)
- **1c salad vegetables (2 meals)
- **1c kale (1 meal)
- **1c bok choy (1 meal)
- **1c 1 head broccoli (1 meal)
- **1c 1 head cauliflower (1 meal)
- **1c spaghetti squash (1 meal)
- **1c pumpkin wedges (1 meal)
- **1c 1 avocado (1 meal)
- **1c snow pea pods (1 meal)
- **1c green beans (1 meal)
- **1c turnips (1 meal)
- **1c 1 red onion
- **Russet potatoes (1 meal)
- **Red potatoes (1 meal)

CANNED GOODS

- Apple cider (need 1/2 cup)
- 2 14.5-ounce can chicken broth
- 1 14.5-ounce can beef broth

SPICES

- Thyme
- Rosemary

DAIRY/DAIRY CASE

- Butter
- 1 egg
- Milk
- Low-fat cheddar cheese (need 1 1/2 cups)
- **1c 8-ounce package cream cheese (1 meal)
- **1c Romano cheese (garnish)
- **Sour cream (garnish)

DRY GOODS

- Cornstarch
- Pine nuts (need 1/2 cup)
- **1 pound brown rice (1 meal)

FROZEN FOODS

- 1 pound large raw shrimp (peeled and deveined) (if not buying fresh)
- 2 (8-ounce) packages frozen cauliflower

BAKERY

- 1 package low carb whole wheat bread (need 2 tablespoons crumbs)
- **whole wheat rolls

OTHER

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

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