

Saving Dinner the Low-Carb Way Shopping List

Winter Menus

Week 3

MENU

- Day 1: Roast Brazilian Chicken
- Day 2: Nutty Oven-Fried Fish
- Day 3: Winter Sausage Soup
- Day 4: Pork Piccata
- Day 5: Garlicky Seared Scallops on Greens
- Day 6: Southwestern Crock Beef Stew

SHOPPING LIST

MEAT

- 4 chicken breasts (bone-in with skin)
- 4 boneless pork chops (about 1/2 inch thick)
- 4 fish fillets
- 1 pound scallops
- 1 pound boneless top round
- 12 ounces turkey kielbasa

CONDIMENTS

- Balsamic vinegar
- Olive oil
- Vegetable oil
- **1c Salad dressing – your choice
- **1c Prepared low carb tartar sauce (if not making your own)
- **1c Mayonnaise (2 meals)

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic (7 cloves)
- 2 turnips
- Celery (need 1 stalk)
- 1 carrot
- 3-5 lemons (need 2 lemons + 2 tablespoons juice)
- 1 bunch kale
- 2 bags spinach (need 6 cups)
- 2 medium zucchini
- 1 large red bell pepper
- 1 bunch cilantro – optional for topping
- **1c 3 heads lettuce (not iceberg) (3 meals)
- **1c 1 bag coleslaw mix (1 meal)
- **1c 1 head red cabbage (1 meal)
- **1c green onions (for homemade tartar sauce)
- **1c turnips (1 meal)
- **1c 3 heads broccoli (3 meals)
- **1c 1 head cauliflower (1 meal)
- **Rutabagas (2 meals)
- **1c Hubbard squash (1 meal)
- **1c Salad vegetables (3 meals)
- **Russet potatoes (2 meals)

CANNED GOODS

- 4 14.5-ounce cans chicken broth (3 cans + 1/3 cup)
- 1 14.5-ounce can beef broth
- 1 jar salsa (need 3/4 cup)
- Capers (need 1 tablespoon) (**1c extra for homemade tartar sauce)
- **1c dill pickles (for homemade tartar sauce)

SPICES

- Paprika
- Oregano
- Cumin
- Thyme
- Crushed red pepper
- **Garlic powder

DAIRY/DAIRY CASE

- Butter
- Buttermilk (need 1/2 cup)
- Romano cheese (need 1 tablespoon)
- Sour cream – optional (**extra for garnish)

DRY GOODS

- Seasoned bread crumbs (you need 1/3 cup)
- Whole wheat flour
- Cornstarch
- Almonds (1/4 cup crushed)
- **3 pounds brown rice (3 meals)

BAKERY

- **Whole grain rolls (1 meal)

OTHER:

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