

# Saving Dinner the Low-Carb Way Shopping List

Winter Menus

Week 6

## MENU

Day 1: The Ultimate Chicken Stir Fry

Day 2: Creole Salmon Cakes

Day 3: Cabbage Roll Soup

Day 4: Winter Spinach Salad with Turkey

Day 5: RECIPE RAVE: Pork Medallions in a Creamy Wine Sauce

Day 6: Crock-Pot Taco Meat

## SHOPPING LIST

### MEAT

4 boneless skinless chicken breast halves

8 turkey breast cutlets

1 1/2 pounds pork tenderloins (about 2 whole), cutting into rounds (medallions)

1 pound salmon (if not using frozen or canned)

1 pound round steak

1 pound extra lean ground beef

### CONDIMENTS

Vegetable oil

Sesame oil

Vinegar (if not using white wine)

Teriyaki sauce

Worcestershire sauce

Italian salad dressing (Paul Newman's balsamic vinaigrette is great)

\*\*1c salad dressing – your choice

\*\*1c rice vinegar

\*\*1c mayonnaise

\*\*tartar sauce

### PRODUCE

3 pounds onions (keep on hand)

1 red onion (need 1/2 cup)

Ginger root (need 4 tablespoons)

1 head garlic

1 bunch green onions (need 4) \*\*1c extra

1 bunch parsley (need 1 tablespoon)

1 red bell pepper

1 green bell pepper

Bean sprouts (need 3 cups)

Bok choy (need 2 cups)

Snow peas (need 1 1/2 cups)

Mushrooms (need 1 pound + 1 1/2 cups)

1/2 head cabbage

1 10-ounce bag pre-washed spinach

\*\*1c 1-2 heads lettuce (not iceberg) (3 meals)

\*\*1c 1 head romaine lettuce (if not using tortillas)

\*\*1c kale (1 meal)

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

\*\*1c salad veggies (3 meals)

\*\*1c cilantro (garnish)

**(Produce continued in next column)**

\*\*Rutabaga (1 meal)

\*\*1 bag coleslaw mix

\*\*Russet potatoes (1 meal)

### CANNED GOODS

1 1-pound can salmon, drained (if not using fresh or frozen)

1-2 cans tomatoes (need 1 cup chopped + 1 14.5-oz. can)

2 14.5-ounce cans Mexican-style stewed tomatoes (Rotell is good brand)

2 14.5-ounce cans chicken broth

1 jar capers (you need 2 tablespoons)

\*\*1 can beans (1 meal) (black beans or refried beans good)

### SPICES

Basil

White pepper

Chili powder

Garlic powder

### DAIRY/DAIRY CASE

Butter

1 egg

Half and half (you need 2/3 cup)

Sour cream (you need 4 tablespoons) \*\*1c extra (2 meals)

Sharp cheddar cheese – optional (you need 1-2 cups)

\*\*1c 1 cup cheese – choose from blue, feta, cheddar or swiss

\*\*1c cheddar cheese (or blend) for tacos

\*\*1c 8-ounce package cream cheese

### DRY GOODS

Brown sugar

Seasoned bread crumbs (need 1/4 cup)

1 package taco seasoning mix

\*\*2-3 pounds brown rice (3 meals)

### FROZEN FOODS

1-pound salmon (if not using fresh or canned)

### BAKERY

\*\*1c Low carb tortillas

\*\*Tortillas

\*\*Whole wheat hamburger buns

\*\*Whole grain rolls (2 meals)

### OTHER

White wine (need 2/3 cup) (If not using white grape juice)

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