

Low Carb Menu-Mailer Shopping List – Four Servings



Volume 14, Week 22

MENU:

Day 1: Tangy Chicken and Apple Kabobs, add a side of turnip fries

Day 2: Black Bean and Beef Stir Fry, along with some Cauli-rice

Day 3: Asiago Herb Pork

Tenderloin, serve steamed green beans and faux-tay-toes

Day 4: Grilled Salmon and Collard Green Pouches, along with steamed asparagus

Day 5: Turkey Burgers with Beets and Feta Cheese, serve sliced English cucumbers

Day 6: Mushroom Thyme Pork Roast, add a side of steamed baby carrots and faux-tay-toes

SHOPPING LIST:

PROTEIN

Boneless skinless chicken breasts (1 pound, chopped) [D1]
Lean ground beef (1 pound) [D2]
Ground turkey (1 pound) [D5]
1 (3-pound) pork tenderloin [D3]
1 (3-pound) pork shoulder [D6]
Salmon filets (4 large) [D4]

CONDIMENTS

Olive oil [D1] [D3] **Additional [D1]
Coconut oil [D2]
Low sodium soy sauce [D2]
Liquid stevia [D1]

PRODUCE

Romaine lettuce leaves (8 large) [D5]
Collard greens (4 cups, chopped) [D4]
Garlic (7 cloves) [D1] [D2] [D4] [D5] [D6]
Onion (2 large) [D1] [D6]
Shallots (3 small) [D2] [D4]
Jalapeno (1 large) [D2]
Broccoli florets (2 cups) [D2]
Beet (1 large, shredded) [D5]
Mushrooms (3 cups, sliced) [D6]
Lemon (2 large, 1 teaspoon zest, 2 tablespoons and 2 teaspoons juice) [D1] [D2] [D3] [D5]
Orange (1/4 cup, juice) [D4]
Green apple (1 large) [D1]
Rosemary (1 tablespoon, minced and 1 tablespoon, chopped) [D1] [D3]
Thyme (1 teaspoon, chopped) [D4]
**Turnips [D1]
**Cauliflower [D2] [D3] [D6]
**Green beans [D3]
**Asparagus [D4]
**English cucumbers [D5]
**Baby carrots [D6]

GLUTEN FREE

**Liquid stevia [D1]
**Beef broth [D2] [D6]
**Soy sauce [D2]

CANNED GOODS

1 (14-ounce) can black beans [D2]
Low sodium beef broth (2 1/4 cups) [D2] [D6]

SPICES

Sea salt (keep on hand)
Freshly ground black pepper (keep on hand)
Garlic powder [D1]
Dried thyme [D2] [D3] [D6]
Dried parsley [D3]
Paprika [D3]

DAIRY/DAIRY CASE

Asiago cheese (1/4 cup, grated) [D3]
Feta cheese (1/3 cup, crumbled) [D5]
Heavy cream (1 cup) [D6]
**Butter [D3] [D6]
**Cream cheese [D3] [D6]

OTHER

Skewers [D1]
Tin foil [D4]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[D1] - [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Tangy Chicken and Apple Kabobs

Day 1 - Serves 4

INGREDIENTS:

1 pound boneless, skinless chicken breasts, chopped
1 large green apple, cored and cubed
1 large onion, cut into wedges
1 large lemon, cut into wedges

2 tablespoons olive oil
1 clove garlic, minced
1 tablespoon minced rosemary
Sea salt and freshly ground black pepper to taste
1 teaspoon lemon zest
1 drop liquid stevia

Prep time: 15 minutes

Cook time: 15 minutes

COOKING INSTRUCTIONS: Preheat grill to medium heat.

In a large bowl, mix the first 4 ingredients (chicken through lemon).

In a small bowl, mix the remaining ingredients (olive oil through stevia) and pour over the chicken mixture.

On large skewers, thread each ingredient alternately. Place kabobs on grill and close lid. Cook for 7 minutes on each side, until chicken is no longer pink in the center and vegetables are charred on the on the edges. Serve warm.

SERVING SUGGESTION: Turnip fries (peel turnips and cut into “fries”; toss with olive oil and bake on a cookie sheet in a preheated 375-degree oven, turning once, until tender; sprinkle with salt, pepper and garlic powder to taste).

GLUTEN FREE: Make sure liquid stevia is gluten free.

NUTRITION: 222 Calories; 8g Fat; 27g Protein; 9g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 76mg Sodium. Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.

Beef and Broccoli Stir-Fry

Day 2 - Serves 4

INGREDIENTS:

4 tablespoons coconut oil, divided	1 pound lean ground beef
2 large cloves garlic, minced	2 cups broccoli florets
1 large jalapeño, minced	1/4 cup low sodium beef broth
2 small shallots, minced	3 tablespoons low sodium soy sauce
Sea salt and freshly ground black pepper to taste	1 teaspoon dried thyme
	2 tablespoons lemon juice

Prep time: 10 minutes

Cook time: 20 minutes

COOKING INSTRUCTIONS: In a large skillet, heat 2 tablespoons coconut oil over medium heat. To the skillet, add the next 5 ingredients (garlic through beef). Cook for 10 minutes, until beef is brown and cooked through. Place beef mixture into a bowl.

Heat the remaining coconut oil in the skillet over high heat. To the skillet, add the remaining ingredients (broccoli through lemon juice) and season with salt and pepper. Cook for 10 minutes, until vegetables are tender. To the vegetables, add the beef and stir. Serve warm.

SERVING SUGGESTION: Cauli-rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam “rice” till tender; drain; salt and pepper to taste then fluff with a fork).

GLUTEN FREE: Make sure beef broth and soy sauce are gluten free.

NUTRITION: 501 Calories; 37g Fat; 26g Protein; 15g Carbohydrate; 4g Dietary Fiber; 85mg Cholesterol; 543mg Sodium. Exchanges: 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat.

Asiago Herb Pork Tenderloin

Day 3 - Serves 4

INGREDIENTS:

Sea salt and freshly ground black pepper to taste	2 teaspoons lemon juice
2 teaspoons paprika	1 teaspoon dried parsley
2 tablespoons olive oil	1 teaspoon dried thyme
1/4 cup grated asiago cheese	1 teaspoon chopped rosemary
	1 (3-pound) pork tenderloin

Prep time: 10 minutes

Cook time: 30 minutes

COOKING INSTRUCTIONS: In a medium bowl, mix the first 8 ingredients (salt and pepper through rosemary). Rub mixed spices on tenderloin.

Heat grill to high heat and place pork on grill. Close lid and cook for 15 minutes on each side, until a meat thermometer reads 145-degrees. Remove pork from grill and let cook for 10 minutes then slice and serve.

SERVING SUGGESTION: Steamed green beans and faux-tay-toes. (Steam cauliflower till tender; drain; mash with butter, cream cheese and salt and pepper to taste till you get a mashed potatoes texture.)

GLUTEN FREE: No changes necessary.

NUTRITION: 499 Calories; 21g Fat; 73g Protein; 1g Carbohydrate; trace Dietary Fiber; 228mg Cholesterol; 258mg Sodium. Exchanges: 0 Grain (Starch); 10 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat.

Grilled Salmon and Collard Green Pouches

Day 4 - Serves 4

INGREDIENTS:

1/4 cup orange juice
1 clove garlic, minced
1 teaspoon chopped thyme

Sea salt and freshly ground black pepper to taste
1 small shallot, minced
4 cups chopped collard greens
4 large salmon filets

Prep time: 10 minutes
Cook time: 10 to 15 minutes

COOKING INSTRUCTIONS: Heat grill to medium heat.

In a medium bowl, mix the first 5 ingredients (orange juice through shallot).

On 4 (12" x12") aluminum foil sheets, place the greens then the salmon. Spoon 1 to 2 tablespoons of the orange juice mixture over the salmon and fold up the pouches tight.

Place the foil pouches on the grill and cook for 10 to 15 minutes, until fish flakes easily with a fork. Serve warm.

SERVING SUGGESTION: Steamed asparagus.

GLUTEN FREE: No changes necessary.

NUTRITION: 231 Calories; 6g Fat; 35g Protein; 7g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 124mg Sodium. Exchanges: 0 Grain (Starch); 5 Lean Meat; 1 Vegetable; 0 Fruit.

Turkey Burgers with Beets and Feta Cheese

Day 5 - Serves 4

INGREDIENTS:

1 pound ground turkey
1 clove garlic, minced
Sea salt and freshly ground black pepper to taste

8 large romaine lettuce leaves, cut in half
widthwise
1 large beet, shredded
1/3 cup crumbled feta cheese
1 large lemon, cut into wedges

Prep time: 10 minutes
Cook time: 10 minutes

COOKING INSTRUCTIONS: In a large bowl, mix the turkey, garlic and salt and pepper. Form ground turkey into 4 round patties. Heat grill to high heat and place turkey burgers on the grill. Cook for 5 minutes on each side, until meat is no longer pink in the center.

Layer; a lettuce leaf, turkey burger, beet and feta cheese. Squeeze lemon juice onto each burger and serve.

SERVING SUGGESTION: Sliced English cucumbers.

GLUTEN FREE: No changes necessary.

NUTRITION: 218 Calories; 12g Fat; 22g Protein; 4g Carbohydrate; 1g Dietary Fiber; 101mg Cholesterol; 273mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Mushroom Thyme Pork Roast

Day 6 - Serves 4

INGREDIENTS:

1 (3-pound) pork shoulder
3 cups sliced mushrooms
1 large onion, sliced
2 cloves garlic, minced

1 cup heavy cream
2 cups low sodium beef broth
Sea salt and freshly ground black pepper to taste
1 teaspoon dried thyme

Prep time: 10 minutes

Cook time: 6 to 8 hours

COOKING INSTRUCTIONS: Place pork, mushrooms and onion in a large crock cooker.

In a large bowl, mix the remaining ingredients (garlic through thyme). Pour sauce over the pork and vegetables. Cover and cook on LOW for 6 to 8 hours, until pork is fall apart tender. Serve warm.

SERVING SUGGESTION: Steamed baby carrots and faux-tay-toes. (Steam cauliflower till tender; drain; mash with butter, cream cheese and salt and pepper to taste till you get a mashed potatoes texture.)

GLUTEN FREE: Make sure beef broth is gluten free.

NUTRITION: 470 Calories; 38g Fat; 23g Protein; 11g Carbohydrate; 2g Dietary Fiber; 142mg Cholesterol; 102mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.