

Saving Dinner the Low-Carb Way Shopping List

Fall Menus

Week 5

MENU

- Day 1: Roasted Tomato Soup
- Day 2: Turkey Deli Wraps
- Day 3: Korean Stir-Fry Beef and Spinach
- Day 4: Herbed Skillet Chicken
- Day 5: Sicilian Fish
- Day 6: Crock Carnitas

SHOPPING LIST

MEAT

- 1 pound beef round tip steak
- 4 boneless skinless chicken breast halves
- 1 pound pork shoulder
- 8 ounces turkey slices
- 4 fish fillets
- **1c ham (for chef's salad)

CONDIMENTS

- Olive oil
- Vegetable oil
- Hoisin sauce
- Reduced-sodium soy sauce
- Dark sesame oil
- Vinegar-based Caesar salad dressing
- **1c salad dressing (your choice)

PRODUCE

- 3 pounds onions (keep on hand)
- 2 bunches green onions
- 1 head garlic 1 bunch parsley (garnish)
- 1/2 pound mushrooms
- 8 medium tomatoes **1c 8 extra
- 8 cherry tomatoes
- 2 bags spinach
- 1 head romaine lettuce **1c (1 head)
- **1c 1 bunch kale (1 meal)
- **1c spaghetti squash (1 meal)
- **1c 1 head lettuce (not iceberg) (1 meal)
- **1c 1 head cauliflower (1 meal)
- **1c broccoli (1 meal)
- **1c salad greens (1 meal)
- **1c green beans (1 meal)
- **1c cilantro
- **1 avocado
- **Russet potatoes (2 meals)

CANNED GOODS

- 2 14.5-ounce chicken broth
- Jar(s) marinated artichoke hearts—2 small jars or 1 large (need 8 hearts)
- **1c 1 jar favorite salsa
- **Black beans (1 meal)

SPICES

- Basil
- Cumin
- Oregano
- Thyme
- Cinnamon
- Garlic powder
- Onion powder
- Crushed red pepper

DAIRY/DAIRY CASE

- Heavy cream (you need 3/4 cup) **1c 3/4 cup extra
- Parmesan cheese, freshly grated (you need 4 tablespoons)
- **1c cheese, your choice (for chef's salad)
- **1c 8-oz. package cream cheese
- **1c 1 egg (need to hard boil)
- **1c sour cream (2 meals)
- **Butter (topping)

DRY GOODS

- Corn starch
- **1 package spaghetti noodles

BAKERY

- **1c low carb tortillas (2 meals)
- **Whole-wheat flour tortillas
- **Whole grain rolls
- **Whole-wheat pita bread

OTHER

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