

Saving Dinner the Low-Carb Way Shopping List

Spring Menus

Week 4

MENU

- Day 1: **Garlic Buffalo Turkey**
- Day 2: **Baked Fish Picante**
- Day 3: **Asian Chicken Stir-Fry**
- Day 4: **Skillet Seafood Stew**
- Day 5: **RECIPE RAVE: Spiced Pork Chops**
- Day 6: **Big Bumpy Broccoli Soup**

SHOPPING LIST

MEAT

- 1 1/4 pounds boneless skinless chicken breast halves
- 8 turkey breast cutlets
- 4 pork chops
- 4 halibut or other lean fish steaks (about 1 inch thick) (about 2 pounds)
- 1/2 pound fish fillet(s) – in pieces
- 1 pound medium raw shrimp – peeled and deveined

CONDIMENTS

- Olive oil
- Sesame oil
- Vinegar (if not using white wine)
- Balsamic vinegar
- Hoisin sauce
- Soy sauce (low-sodium)
- Tabasco sauce
- Blue cheese salad dressing
- **1c salad dressing – your favorite

PRODUCE

- 3 pounds onions (keep on hand)
- 2 heads garlic (13 cloves)
- 1 piece gingerroot (need 2 teaspoons grated)
- 1 lime (need juice)
- 2 red bell peppers
- 1 cup snow pea pods
- 2 jalapeno chilies – optional
- 1 bunch green onions (need 1/2 cup)
- 1 bunch cilantro (need 1 cup + garnish)
- 1 bunch broccoli **1c 2-3 bunches extra (3 meals)
- Celery **1c extra
- 1 small carrot
- **1c 2-3 heads lettuce (not iceberg) (3 meals)
- **1c red cabbage
- **1c green cabbage
- **1c 1 bag spinach (1 meal)
- **1c salad veggies (3 meals)
- **1c turnips (2 meal)
- **1c spaghetti squash (1 meal)
- **Russet potatoes (1 meal)

CANNED GOODS

- 2 14.5-ounce cans whole tomatoes
- 2 14.5-ounce cans low-sodium chicken broth
- 1 bottle or jar clam juice (need 2 ounces or 1/4 cup)

SPICES

- Cayenne pepper
- Garlic powder
- Ground cumin
- Ground coriander
- Marjoram
- Oregano
- Paprika
- Fennel seeds
- Red pepper flakes

DAIRY/DAIRY CASE

- Butter
- Half and half (need 1 cup)
- **1c cheddar cheese (garnish soup)

DRY GOODS

- Cornstarch
- Peanuts (need 1/4 cup)
- Whole wheat flour
- **1 pound brown rice
- **Spaghetti or angel hair pasta noodles

BAKERY

- **Whole grain rolls (2 meals)

OTHER

- White wine (you need 1/2 cup) (if not using white grape juice)
- White grape juice (you need 1/2 cup) (if not using white wine)

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