

Saving Dinner the Low-Carb Way Shopping List

Spring Menus

Week 5

MENU

- Day 1: Smothered Burgers
- Day 2: Shrimp and Asparagus Stir-Fry
- Day 3: Braised Pork Chops
- Day 4: Sausage and Peppers
- Day 5: Ginger-Curry Salmon
- Day 6: Crock Chickie Chowder

SHOPPING LIST

MEAT

- 4 skinless chicken thighs
- 1 pound extra lean ground beef
- 4 pork chops, about 1/2 inch thick
- 1 pound turkey sausage
- 4 salmon fillets (about 4 ounces each)
- 1 pound medium shrimp, raw – peeled and deveined (if not buying frozen)

CONDIMENTS

- Olive oil
- Honey
- **1c mayonnaise
- **1c Dijon mustard
- **1c salad dressing – your choice

PRODUCE

- 3 pounds onions (keep on hand)
- 2 heads garlic
- 1 piece gingerroot (need 1 tablespoon grated)
- 1 bunch cilantro (need 1/4 cup)
- 1 small bell pepper (red or green)
- 2 medium red bell peppers
- 1 medium green bell pepper
- 2-3 bunches green onions (need 1 1/2 cups)
- Asparagus (need 2 cups)
- Mushrooms (you need 1 cup sliced)
- 1-2 limes (need 2 tablespoons juice)
- 1-2 oranges (need 1/4 cup juice) (if not buying frozen or in carton)
- **1c 1 bag baby greens or spring mix of lettuces (1 meal)
- **1c 1-2 bags spinach (2 meals)
- **1c 1 bag coleslaw mix (1 meal)
- **1c 1 head cauliflower (1 meal)
- **1c broccoli (1 meal)
- **1c red cabbage (1 meal)
- **1c green cabbage (1 meal)
- **1c salad veggies (2 meals)
- **1c green beans
- **1c turnips (1 meal)
- **1c spaghetti squash
- **Russet potatoes (2 meals)

CANNED GOODS

- 3 14.5-oz. cans chicken broth
- 1 14.5-oz. can diced tomatoes
- 1 jar green olives (need 1/4 cup)

SPICES

- Curry Powder
- Oregano
- Paprika
- Thyme
- Red pepper flakes
- Bay leaf
- **1c Garlic powder

DAIRY/DAIRY CASE

- Orange juice (need 1/4 cup) (if not making fresh or buying frozen)
- Half and half (need 1/3 cup)
- **1c low-fat shredded cheddar cheese
- **1c Romano cheese (garnish)

DRY GOODS

- **1-2 pounds brown rice (2 meals)

FROZEN FOODS

- 1 pound medium shrimp, raw – peeled and deveined (if not buying fresh)
- Orange juice (need 1/4 cup) (if not making fresh or buying in carton)
- 1 10-oz. Package frozen broccoli, green beans, pearl onions and red peppers (or similar medley if your store doesn't have this one)
- 1 package frozen corn (need 1/2 cup)

BAKERY

- **Whole grain rolls

OTHER

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