Saving Dinner the Low-Carb Way Shopping List

MENU
Day 1: Turkey Pomodoro
Day 2: Teriyaki Fish
Day 3: Chicken with Dijon-Tarragon Sauce
Day 4: Low-Carb Skillet Beef Stroganoff
Day 5: Shrimp and Snow Peas
Day 6: Summer Crock

SHOPPING LIST
MEAT
4 skinless boneless chicken breast halves
8 turkey breast cutlets
1 pound top sirloin
4 fish steaks (choose something meaty and
    firm like tuna, shark or swordfish)
1 pound large shrimp, raw
1 pound Italian sausage

CONDIMENTS
Olive oil
Vegetable oil
Teriyaki sauce
Dijon mustard
Vinegar (if not using white wine)
**lc salad dressing – your choice
**lc soy sauce

PRODUCE
3 pounds onions (keep on hand)
1 head garlic (need 5 cloves)
1-2 pieces ginger root (need 2 tablespoons)
Mushrooms (need 1 1/2 cups)
Eggplant (need 1 1/2 cups)
Yellow squash (need 1 1/2 cups)
Zucchini (1 1/2 cups)
1-2 lemons (need 2 tablespoons juice)
1-2 tomatoes (need 1/2 cup diced)
1 bunch green onions
1 red bell pepper **lc additional (1 meal)
1 pound snow peas
1 bag spinach (need 4 cups)
**lc 3-4 heads lettuce (not iceberg) (4 meals)
**lc 1 bag baby greens (1 meal)
**lc 1 head red cabbage (1 meal)
**lc 1 head green cabbage (1 meal)
**lc salad veggies (4 meals)
**lc green beans (1 meal)
**lc asparagus (1 meal)
**lc zucchini (1 meal)
**Red potatoes (2 meals)

CANNED GOODS
2 14.5-oz. cans chicken broth
1 14.5-oz. can beef broth
1 14.5-oz. can diced tomatoes

SPICES
Basil
Cumin
Garlic powder
Paprika
Red pepper flakes
Tarragon
Thyme

DAIRY/DAIRY CASE
Butter
Half and Half (need 1/3 cup)
Sour cream (need 1/2 cup)

DRY GOODS
Whole wheat flour
**1-2 pounds brown rice (2 meals)
**Wide egg noodles (1 meal)

BAKERY
**Whole grain rolls

OTHER
White wine (1/4 cup) + (1/2 cup, if not using
    chicken broth)
White grape juice (need 1/4 cup) (if not using
    white wine)

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