

# Saving Dinner the Low-Carb Way Shopping List

Summer Menus

Week 4

## MENU

Day 1: Skillet Chicken with Honey Mustard Mayo

Day 2: Mega-Layered Chef Salad

Day 3: Grilled Ginger Salmon

Day 4: Seared Turkey on Spinach

Day 5: Orange Glazed Beef

Day 6: Crock Chops

## SHOPPING LIST

### MEAT

4 boneless skinless chicken breast halves  
1 pound beef sirloin  
4 pork chops – about 1/2 inch thick  
4 salmon fillets  
1 cup turkey ham  
8 turkey breast cutlets  
1 cup turkey breast, boneless and skinless (cooked)

### CONDIMENTS

Olive oil  
Dijon mustard  
Honey  
Ketchup  
Teriyaki sauce  
Low fat mayonnaise \*\*1c additional  
Vinegar (if not using white wine)  
Balsamic vinegar

### PRODUCE

3 pounds onions (keep on hand)  
1 piece ginger root (need 4 teaspoons)  
1 head Romaine lettuce  
1 bag spinach (need 4 cups)  
1 bunch green onions (need 1/2 cup)  
\*\*additional  
1 bunch Italian parsley (need 1 tablespoon)  
Celery (need 1/2 cup)  
2 red bell peppers  
1-2 oranges (need 1/4 cup juice) (if not using frozen or carton)  
\*\*1c 2-3 heads lettuce (not iceberg) (3 meals)  
\*\*1c 1 bag coleslaw mix (1 meal)  
\*\*1c broccoli (2 meals)  
\*\*1c 2 heads cauliflower (2 meals)  
\*\*1c asparagus  
\*\*1c salad veggies (3 meals)  
\*\*Russet potatoes (1 meal)  
\*\*Red potatoes

## CANNED GOODS

1 jar capers (need 2 tablespoons)

## SPICES

Cayenne pepper  
Cumin  
Curry powder  
Garlic powder  
Marjoram  
Thyme

## DAIRY/DAIRY CASE

2 eggs (need to hardboil) \*\*1c additional (also hardboiled)  
Romano cheese (need 1 tablespoons)  
Orange juice (1/4 cup) (if not using fresh squeezed or frozen)  
\*\*1c 2 8-oz. packages cream cheese

## DRY GOODS

Brown sugar  
Whole wheat flour  
\*\*1-2 pounds brown rice (2 meals)

## FROZEN FOODS

Orange juice (1/4 cup) (if not using fresh squeezed or carton)

## BAKERY

\*\*whole grain rolls

## OTHER

White wine (1/2 cup) (if not using white grape juice)  
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Send your friends to the website to pick up their sample menu. <http://www.savingdinner.com>