

Saving Dinner the Low-Carb Way Shopping List

Summer Menus

Week 5

MENU

- Day 1: Spice-Rubbed Chicken
- Day 2: Seared Pan Steaks with Red Wine Sauce
- Day 3: Spinach Chicken Salad
- Day 4: Salmon Burgers with Dill Sauce
- Day 5: Hot-and-Spicy Pork Chops with Citrus Sauce
- Day 6: French Country Crock Roast

SHOPPING LIST

MEAT

- 8 boneless skinless chicken breast halves
- 4 petite steaks (your choice, lean, about 4 oz. each)
- 2 pounds beef roast
- 8 pieces turkey bacon
- 4 pork chops – 1/2 inch thick
- 1 pound salmon (if not using canned)

CONDIMENTS

- Olive oil
- Vegetable oil
- Vinegar (if not using red wine)
- Honey mustard salad dressing (need 4 tablespoons)
- **1c salad dressing – your favorite

PRODUCE

- 3 pounds onions (keep on hand)
- 1 small red onion
- 2-3 heads garlic
- 1 bunch cilantro (need about 2/3 cup)
- Fresh dill (need 2 tablespoons)
- 1 bunch green onions
- 4 cherry tomatoes
- 3-4 lemons (need 1/4 cup + 1 tablespoon juice)
- 1-2 limes (need 2 tablespoons juice)
- 1-2 oranges (need 1/3 cup juice) (if not using frozen or from carton)
- 1 head Romaine lettuce
- 1 bag spinach (need 4 cups)
- **1c 3-4 heads lettuce (not iceberg) (4 meals)
- **1c green beans (1 meal)
- **1c snow peas (1 meal)
- **1c mushrooms (1 meal)
- **1c zucchini (1 meal)
- **1c 1 head cauliflower (1 meal)
- **1c broccoli (2 meals)
- **1c yellow squash (1 meal)
- **1c salad veggies (4 meals)
- **Red potatoes (1 meal)
- **Russet potatoes (1 meal)

CANNED GOODS

- 1 6-oz. can tomato paste (need 2 teaspoons)
- 1 14.5-oz. can beef broth
- 1 14.5-oz. can chicken broth
- 1 16-oz. can salmon (if not using fresh)

SPICES

- Black pepper
- Cumin
- Garlic Powder
- Ground coriander
- Marjoram
- Red pepper flakes
- Rosemary
- Thyme

DAIRY/DAIRY CASE

- Butter
- 2 8-oz. packages cream cheese
- Half and half (need 1/4 cup)
- 3 eggs (need to hard boil 2)
- Orange juice (1/3 cup) (if not using fresh squeezed or frozen)
- **1c low-fat cheddar cheese

DRY GOODS

- **1c 1-2 pounds brown rice (3 meals)

FROZEN FOODS

- Orange juice (need 1/3 cup) (if not using fresh squeezed or from carton)

BAKERY

- **1c low carb whole wheat tortillas (1 meal)
- **Whole grain rolls

OTHER

- Red wine (need 1 cup) (if not using red grape juice)
- Red grape juice (need 1 cup) (if not using red wine)

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