

Saving Dinner the Low-Carb Way Shopping List

Fall Menus

Week 3

MENU

- Day 1: Roasted Chicken and Peppers
- Day 2: Cream of Butternut Bisque
- Day 3: Seared Scallops in a White Wine Sauce
- Day 4: Cajun Chops
- Day 5: Mediterranean Turkey Skillet
- Day 6: No-Hurry Crock Curry

SHOPPING LIST

MEAT

- 4 chicken breasts
- 4 pork chops (about 1/2 inch thick)
- 1 1/2 cups turkey breast, cooked
- 1 pound lean beef (to cut into 1 inch cubes)
- 1 pound scallops

CONDIMENTS

- Olive oil
- Lemon juice
- Vinegar (if not using white wine)
- **1c salad dressing – your choice

PRODUCE

- 1 red onion
- 3 pound bag onions (keep on hand)
- 1 head garlic
- Ginger root (need 2 teaspoons grated)
- 3 red bell peppers
- 1 butternut squash (need 1 3/4 cups chopped)
- 2 leeks
- 1 bunch cilantro
- **1c 2 bags spinach (2 meals)
- **1c 1 bunch Swiss chard (1 meal)
- **1c 1 head lettuce (not iceberg) (1 meal)
- **1c salad vegetables (1 meal)
- **1c green beans (1 meal)
- **1c 1 head cauliflower (1 meal)
- **1c broccoli (1 meal)
- **1c rutabagas (1 meal)
- **1c spaghetti squash (1 meal)
- **1c Hubbard squash (1 meal)
- **1c kale (1 meal)
- **Russet potatoes (2 meals)
- **Sweet potatoes (1 meal)

CANNED GOODS

- 2 14.5-ounce can chicken broth
- Black olives (need 2 tablespoons sliced)
- Tomato puree (need 4 ounces)
- 1 can artichoke hearts (need one cup) (if not using frozen) (note: NOT in jar; you do NOT want pre-seasoned)

SPICES

- Paprika
- Onion powder
- Garlic powder
- Rosemary
- Sage
- Thyme
- Nutmeg
- Curry powder
- Cayenne pepper
- White pepper

DAIRY/DAIRY CASE

- Butter **extra
- Half and half (need 1 cup)
- 1 small package plain non-fat yogurt
- **1c 8-oz package cream cheese
- **Milk

DRY GOODS

- Flour
- **1 bag pasta
- **1 pound brown rice

FROZEN FOODS

- Frozen artichoke hearts (need 1 cup) (if not using canned)
- Green peas (need 1/2 cup)

BAKERY

- **Whole grain rolls

OTHER

- Dry white wine (need 1/3 cup if not using white grape juice)
- White grape juice (need 1/3 cup)

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