

# Saving Dinner the Low-Carb Way Shopping List

Fall Menus

Week 6

## MENU

Day 1: Low-Carb Shake-and-Bake Chicken

Day 2: French Onion Soup

Day 3: Seared Salmon with Lemon Sauce

Day 4: Peggy's Southwest Crustless Quiche

Day 5: Asian Pork Stir Fry

Day 6: Crock Roast with a Red Wine Sauce

## SHOPPING LIST

### MEAT

4 chicken breasts

4 salmon fillets

8 ounces cooked turkey breast, skinless

1 pound boneless pork shoulder

1 1/2 pounds chuck roast

### CONDIMENTS

Olive oil

Vinegar (if not using red wine or sherry)

Balsamic vinegar

Soy sauce (low sodium if available)

Dijon mustard \*\*1c extra

\*\*1c salad dressing – your favorite

### PRODUCE

3 pounds onions (keep on hand)

1 lemon

1 head garlic

12 ounces fresh snow pea pods

12 medium mushrooms

\*\*1c 1 bag spinach leaves (1 meal)

\*\*1c 1 head lettuce (not iceberg) (1 meal)

\*\*1c 1 head red cabbage (1 meal)

\*\*1c 2 heads cauliflower (2 meals)

\*\*1c 2 heads broccoli (2 meals)

\*\*1c salad vegetables (1 meal)

\*\*1c spaghetti squash (1 meal)

\*\*1c green beans (1 meal)

\*\*Baby carrots (1 meal)

\*\*Cherry tomatoes (1 meal)

\*\*Russet potatoes (1 meal)

\*\*Red potatoes (1 meal)

## CANNED GOODS

1 4-ounce can green chili peppers

1 jar salsa (you need 1/2 cup)

3 14.5-ounce cans beef broth

1 14.5-ounce can chicken broth

## SPICES

1 bay leaf

Thyme

Paprika

Nutmeg

Ginger powder

Garlic powder

Onion powder

Black pepper

Cayenne pepper

## DAIRY/DAIRY CASE

Butter

5 eggs

4 ounces half and half

Swiss cheese (need 1 cup)

Cheddar cheese (need 2 ounces or 1/2 cup)

\*\*1c extra

\*\*1c 8-ounce package cream cheese

\*\*Milk

## DRY GOODS

Whole wheat flour

Brown sugar

Corn starch

Wheat germ (need 2 tablespoons)

Croutons (need 1/3 cup)

\*\*1 pound brown rice

## BAKERY

\*\*Whole grain rolls

## OTHER

Red wine (need 1 1/4 cups) (if not using red grape juice)

Sherry (1 teaspoon) – OPTIONAL

Red grape juice (need 1 1/4 cups + 1 teaspoon) (if not using red wine)

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