

Saving Dinner the Low-Carb Way Shopping List

Spring Menus

Week 6

MENU

Day 1: Skillet Steaks in a Red Wine Sauce

Day 2: Oven-baked Italian Fish

Day 3: Puerto Rican Turkey

Day 4: Skillet Chops

Day 5: Herb-Roasted Chicken Breasts

Day 6: Crooked BBQ Beef

SHOPPING LIST

MEAT

- 4 chicken breasts (bone-in with skin)
- 8 turkey breast cutlets
- 4 rib-eye steaks (8 ounces each)
- 2 pounds rump roast (or other beef, rump is leaner cut)
- 4 pork chops (about 3/4 inch thick)
- 4 fish fillets
- 4 pieces turkey bacon

CONDIMENTS

- Olive oil
- Vinegar (if not using red wine)
- Balsamic Vinegar
- Worcestershire sauce
- Teriyaki sauce
- Tabasco sauce
- Barbecue sauce (need 10 ounces)
- **1c mayonnaise
- **1c salad dressing – your choice

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic
- Mushrooms (need 2 cups sliced)
- 1 red bell pepper
- 1 green bell pepper
- Cabbage (need 4 cups shredded)
- **1c asparagus (1 meal)
- **1c broccoli (1 meal)
- **1c 2 heads cauliflower (2 meals)
- **1c green beans (1 meal)
- **1c 1-2 heads lettuce (not iceberg) (3 meals)
- **1c kale (1 meal)
- **1c 1 bag spinach (1 meal)
- **1c 1 bag coleslaw mix (1 meal)
- **1c salad veggies (3 meals)
- **1c green onions
- **Russet potatoes (1 meal)
- **Red potatoes (1 meal)
- **Sweet potatoes (1 meal)

CANNED GOODS

- 1 14.5-oz. can beef broth
- Apple cider (need 2 tablespoons)

SPICES

- Oregano
- Rosemary
- Sage
- Thyme
- Garlic powder
- Onion powder
- Caraway seeds

DAIRY/DAIRY CASE

- Butter
- Romano cheese (need 2 tablespoons)
- **1c 2 8-oz. package cream cheese (2 meals)
- **1c eggs (hardboiled for Day 5)

DRY GOODS

- Seasoned bread crumbs (need 1/4 cup)
- **1-2 pounds brown rice (2 meals)

BAKERY

- **Whole wheat hamburger buns

OTHER

- Red Wine (need 1/2 cup) (if not using red grape juice)
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Send your friends to the website to pick up their sample menu. <http://www.savingdinner.com>