

Saving Dinner the Low-Carb Way Shopping List

Summer Menus

Week 3

MENU

- Day 1: Turkey Pomodoro
- Day 2: Teriyaki Fish
- Day 3: Chicken with Dijon-Tarragon Sauce
- Day 4: Low-Carb Skillet Beef Stroganoff
- Day 5: Shrimp and Snow Peas
- Day 6: Summer Crock

SHOPPING LIST

MEAT

- 4 skinless boneless chicken breast halves
- 8 turkey breast cutlets
- 1 pound top sirloin
- 4 fish steaks (choose something meaty and firm like tuna, shark or swordfish)
- 1 pound large shrimp, raw
- 1 pound Italian sausage

CONDIMENTS

- Olive oil
- Vegetable oil
- Teriyaki sauce
- Dijon mustard
- Vinegar (if not using white wine)
- **1c salad dressing – your choice
- **1c soy sauce

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic (need 5 cloves)
- 1-2 pieces ginger root (need 2 tablespoons)
- Mushrooms (need 1 1/2 cups)
- Eggplant (need 1 1/2 cups)
- Yellow squash (need 1 1/2 cups)
- Zucchini (1 1/2 cups)
- 1-2 lemons (need 2 tablespoons juice)
- 1-2 tomatoes (need 1/2 cup diced)
- 1 bunch green onions
- 1 red bell pepper **1c additional (1 meal)
- 1 pound snow peas
- 1 bag spinach (need 4 cups)
- **1c 3-4 heads lettuce (not iceberg) (4 meals)
- **1c 1 bag baby greens (1 meal)
- **1c 1 head red cabbage (1 meal)
- **1c 1 head green cabbage (1 meal)
- **1c salad veggies (4 meals)
- **1c green beans (1 meal)
- **1c asparagus (1 meal)
- **1c zucchini (1 meal)
- **Red potatoes (2 meals)

CANNED GOODS

- 2 14.5-oz. cans chicken broth
- 1 14.5-oz. can beef broth
- 1 14.5-oz. can diced tomatoes

SPICES

- Basil
- Cumin
- Garlic powder
- Paprika
- Red pepper flakes
- Tarragon
- Thyme

DAIRY/DAIRY CASE

- Butter
- Half and Half (need 1/3 cup)
- Sour cream (need 1/2 cup)

DRY GOODS

- Whole wheat flour
- **1-2 pounds brown rice (2 meals)
- **Wide egg noodles (1 meal)

BAKERY

- **Whole grain rolls

OTHER

- White wine (1/4 cup) + (1/2 cup, if not using chicken broth)
- White grape juice (need 1/4 cup) (if not using white wine)

OTHER

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