

Saving Dinner the Low-Carb Way Shopping List

Winter Menus

Week 4

MENU

Day 1: Skillet Curry-Lime Chicken

Day 2: Sauteed Pan Fish with Warm Avocado Sauce

Day 3: Roast Garlic Pork Chops

Day 4: Bang-Bang Taco Soup

Day 5: Turkey Artichoke Casserole

Day 6: Crock Mock Beef Bourguignon

SHOPPING LIST

MEAT

- 4 boneless skinless chicken breast halves
- 8 turkey breast cutlets
- 1 pound extra lean ground beef
- 2 pounds top round steak
- 4 boneless pork sirloin chops, 1/2 inch thick
- 1 1/2 pounds fish fillets
- 4 pieces turkey bacon

CONDIMENTS

- Olive oil
- Vinegar
- Balsamic vinegar
- **1c salad dressing, your choice

PRODUCE

- 3 pounds onions (keep on hand)
- 1 small red onion
- 2 heads garlic (need 15 cloves)
- 1 tomato
- 1 avocado
- Mushrooms (need 1 cup sliced)
- 2 limes (1 lime + 1 tablespoon juice)
- 1 bunch cilantro (1/4 cup + garnish)
- **1c 3 heads lettuce (not iceberg) (3 meals)
- **1c 1 bag spinach (1 meal)
- **1 head red cabbage (1 meal)
- **1c 2 heads broccoli (2 meals)
- **1c 1 head cauliflower (1 meal)
- **1c Brussels sprouts (1meal)
- **1c green beans (2 meals)
- **1c portabella mushrooms (1 meal)
- **1c salad vegetables (3 meals)
- **1c pumpkin (1 meal)
- **Red potatoes (1 meal)
- **Russet potatoes (2 meal)

CANNED GOODS

- 4 14.5-ounce can chicken broth
- 1 14.5-ounce can beef broth
- 1 jar salsa (need 1/2 cup)
- 1 jar marinated artichoke hearts

SPICES

- Curry powder
- Rosemary
- Thyme
- Marjoram
- **Nutmeg

DAIRY/DAIRY CASE

- Butter
- Low-fat cheddar cheese (need 1 cup)
- **1c 8-ounces cream cheese
- **1c low-fat cheddar cheese (see Day 4)
- **Sour cream (garnish)

DRY GOODS

- Whole wheat flour
- 1 package taco seasoning mix
- **2 pounds brown rice

FROZEN FOODS

- **Frozen corn (need 1 cup) -- optional

BAKERY

- **1c low carb tortillas
- **Whole wheat tortillas

OTHER

- Red wine (need 1/2 cup) (if not using red grape juice)
- White wine (need 1/2 cup) (if not using white grape juice)
- Red grape juice (need 1/2 cup) (if not using red wine)
- White grape juice (need 1/2 cup) (if not using white wine)
