

Saving Dinner the Low-Carb Way Shopping List

Winter Menus

Week 5

MENU

**Day 1: Pan-Seared Salmon with
Lemon-Sage Butter**

**Day 2: Cube Steaks with Rich, Sweet Onion
Gravy**

Day 3: Skillet Chicken Mediterranean

**Day 4: Thai Shrimp on Red and Green
Cabbage**

Day 5: Polka-Dot Meat Loaf

Day 6: Carolina Crock Pork

SHOPPING LIST

MEAT

- 4 boneless skinless chicken breast halves
- 4 salmon fillets
- 1 1/2 pounds large shrimp, raw, peeled and deveined
- 4 cube steaks
- 1 1/2 pounds ground turkey
- 1 1/2 pounds pork shoulder roast

CONDIMENTS

- Olive oil
- Vegetable oil
- Soy sauce, low sodium
- Vinegar (if not using wine)
- Cider vinegar
- Rice vinegar
- Worcestershire sauce
- Barbecue sauce (need 1/3 cup)
- **1c Dijon mustard
- **1c mayonnaise
- **Salad dressing – your choice

PRODUCE

- 3 pounds onions (keep on hand)
- 1 red onion
- 1 head garlic (**1 extra)
- 1 tomato
- 1 bunch cilantro (need 1/2 cup)
- Red cabbage (need 2 cups)
- Green cabbage (need 2 cups)
- 1 red bell pepper (need 1/3 cup)
- 8 ounces mushrooms **1c extra 1 meal
- 1 lemon (you need 1 tablespoon lemon juice)
- **1c 1 bag spinach
- **1 bag coleslaw mix
- **1c 1 –2 heads lettuce (not iceberg) (2 meals)
- **1c 1 bunch swiss chard
- **1c 2-3 heads cauliflower (3 meals)
- **1c Brussels sprouts (1 meal)

(Produce continued in next column)

- **1c green beans (1 meal)
- **1c salad veggies (2 meals)
- **Russet potatoes (1 meal)
- **Red potatoes (1 meal)
- **Sweet potatoes (1 meal)

CANNED GOODS

- 1 14.5-ounce can beef broth
- 1 can corn (need 1/3 cup)
- 1 6-ounce can tomato paste
- 1 jar roasted red peppers (need 1/4 cup)
- 1 jar marinated artichoke hearts (need 1 cup)
- 1 jar kalamata olives (need 1/4 cup)
- 1 jar salsa

SPICES

- Crushed red pepper
- Chili powder
- Cumin
- Dry Mustard
- Garlic powder
- Sage
- Thyme

DAIRY/DAIRY CASE

- Butter
- 2 eggs
- **1c low-fat shredded cheddar cheese
- **1c 2 - 8-ounce packages cream cheese (2 meals)
- **Milk

DRY GOODS

- Whole wheat flour
- 1/4 cup peanuts, dry-roasted
- **1 pound brown rice
- **1 package angel hair pasta (1 meal)

BAKERY

- 1 loaf low carb whole wheat bread (need 2 slices)
- **Whole wheat hamburger buns

OTHER

- White wine (need 1/4 cup) (if not using white grape juice)
- White grape juice (need 1/4 cup) (if not using white wine)

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