

# Saving Dinner Shopping List

Fall Menus

Week 2

## MENU

**Day 1: Chicken and Rice Chowder**

**Day 2: Asian Orange Salmon**

**Day 3: Baked Rigatoni**

**Day 4: Stuffed Quesadillas**

**Day 5: Red Beans and Rice**

**Day 6: Crock Beef Sandwiches**

## SHOPPING LIST

### MEAT

6 boneless skinless chicken breasts

6 salmon fillets

1/2 pound extra-lean ground beef

1 pound Kielbasa, low-fat if available

3 pounds sirloin tip roast (you can use a cheaper cut, but fat count will be higher)

### CONDIMENTS

Olive oil

Soy sauce

Barbecue sauce

### PRODUCE

1-2 lemons

Tomatoes (you'll use 1 cup chopped)

3 pounds onions (keep on hand)

1 head garlic

1 bunch celery (you'll need 1 stalk)

1 bunch green onions

1 bell pepper

1 bunch cilantro

\*\*Russet potatoes (1 meal)

\*\*Coleslaw (1 meal)

\*\*Kale (1 meal)

\*\*Spinach (I like baby spinach) (2 meals)

\*\*Baby carrots (2 meals)

\*\*2-3 heads lettuce (NOT Iceberg)

## CANNED GOODS

1 28-ounce jar spaghetti sauce

3 14-ounce cans chicken broth (you'll use 4 1/2 cups)

1 jar salsa (your favorite)

2 15-ounce cans red beans

## SPICES

Thyme

Cayenne pepper

Rosemary

Bay leaves

## DAIRY/DAIRY CASE

Low-fat milk (you'll use 1 1/2 cups)

Orange juice (you'll use 1/2 cup)

1 cup non-fat cottage cheese

1 cup mozzarella cheese, part skim milk, shredded

1/4 cup Romano cheese, grated

6 oz. low-fat Jack cheese, shredded

1 (8 oz.) container low-fat sour cream

## DRY GOODS

Brown sugar (use what you have-you need 1/2 cup)

Brown rice (you'll need 3 1/2 cups)

Oats (use what you have-you need 1 cup)

1 pound rigatoni

Flour

## BAKERY

12 flour tortillas

Whole wheat hamburger buns (1 meal)

\*\*Whole grain rolls (1 meal)

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