

Saving Dinner Shopping List

Fall Menus

Week 3

MENU

Day 1: Chicken and Artichoke Casserole

Day 2: Texas One Dish

Day 3: Halibut Marengo

Day 4: Smashing Pumpkin Soup

Day 5: Great Greek Pasta

Day 6: Crock Frijoles

SHOPPING LIST

MEAT

9 boneless skinless chicken breast halves

1 pound extra lean ground beef

6 halibut or other white fish) steaks

3 turkey bacon slices

CONDIMENTS

Olive oil

Hot pepper sauce

PRODUCE

1-2 lemons

3 pounds onions (keep on hand)

1 head garlic

1 1/2 cups mushrooms

2 tomatoes

2 green bell peppers

1 small red pepper

1 small red onion

1 bunch green onions

2 chipotle peppers, optional

**Russet potatoes (1 meal)

**Butternut squash (1 meal)

**Broccoli (1 meal)

**Kale (1 meal)

**Cilantro (1 meal)

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

**Baby carrots (1 meal)

**Sweet potatoes (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 jar marinated artichoke hearts

6 (14 oz.) cans chicken broth (you'll need 9 cups and 1 can)

Tomato puree (you need 1 1/2 cups)

1 (14.5 oz.) can diced tomatoes

Pumpkin puree (you need 2 cups)

SPICES

Chili powder

Garlic powder

Cumin

Thyme

Nutmeg

Curry powder

Oregano

Cayenne pepper

Salt

Ground black pepper

DAIRY/DAIRY CASE

Butter (you'll need 4 T.)

Low-fat milk (you'll need 2 cups)

1/2 cup Feta cheese

**Low-fat Cheddar cheese, grated

DRY GOODS

1 pound rigatoni

1 pound dry pinto beans

Oats (you'll need 1 cup)

Flour

Brown rice (2 meals)

BAKERY

**Whole grain rolls (1 meal)

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