

Saving Dinner Shopping List

Fall Menus

Week 5

MENU

Day 1: Asian Honey Chicken

Day 2: Perfect Pot Roast

Day 3: Oven-Fried Fish

Day 4: Baked Macaroni and Three Cheese

Day 5: Turkey Piccata

Day 6: Crockery Beanery

SHOPPING LIST

MEAT

6 boneless skinless chicken breast halves

2 pounds beef chuck

6 fish fillets

6 turkey breast cutlets

CONDIMENTS

Sesame oil (you'll need 1/8 cup)

Olive oil

Vegetable oil

Honey (you'll need 1/4 cup)

Soy sauce (low sodium, if available)

**Mayonnaise (1 meal)

PRODUCE

3 pounds onions (keep on hand)

1 head garlic

1 small green bell pepper

1 small red bell pepper

1 bunch carrots (you'll need 6)

1 bunch celery (you'll need 1 stalk)

1 pound red potatoes

1 bunch green onions (you'll need 5)

2 lemons

**Russet potatoes (1 meal)

**Butternut squash (1 meal)

**Broccoli (1 meal)

**Coleslaw (1 meal)

**Kale (1 meal)

**Spinach (I like baby spinach) (1 meal)

**Baby carrots (1 meal)

**Sweet potatoes (1 meal)

CANNED GOODS

1 small jar capers

1 14.5-ounce can tomato puree

1 28-ounce can diced tomatoes

1 28-ounce jar spaghetti sauce

1 15-ounce can kidney beans

1 15-ounce can black beans

1 15-ounce can baked beans

1 15-ounce can corn

SPICES

Thyme

Chili powder

Oregano

Cumin

DAIRY/DAIRY CASE

Butter

6 ounces provolone cheese

6 ounces low-fat mozzarella cheese

1 wedge Parmesan cheese (you'll need 1/2 cup grated)

**Romano cheese

DRY GOODS

1 cup Italian bread crumbs, pressed

1 package ziti pasta

Flour

**Brown rice (1 meal)

**Pasta (1 meal)

BAKERY

**Corn muffins (1 meal)

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