

Saving Dinner Shopping List

Fall Menus

Week 8

MENU

Day 1: Recipe Rave: Garlic Lime Chicken

Day 2: Shepherd's Skillet

Day 3: Fish in a Bag

Day 4: Layered Turkey Nachos

Day 5: Baked Ziti

Day 6: Crock Navy Bean Soup

SHOPPING LIST

MEAT

6 boneless skinless chicken breast halves

1 1/4 pounds extra lean ground beef

6 fish fillets

2 cups turkey breast, boneless, skinless, cooked and shredded

1/2 pound ground turkey

CONDIMENTS

Olive oil

Lime juice

Ketchup

White wine, OPTIONAL

PRODUCE

3 pounds onions (keep on hand)

8 cloves garlic

Russet potatoes (2 meals; **3 meals, if following Serving Suggestions)

1 large tomato

1 bunch celery (you'll need 1 stalk)

**Kale (1 meal)

**Winter squash (1 meal)

**Broccoflower (1 meal)

**Broccoli (1 meal)

**Cilantro (1 meal)

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

**Baby carrots (1 meal)

**Sweet potatoes (2 meals)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 1/2 (28 oz.) cans or jars spaghetti sauce

4 (14 oz.) cans chicken broth

Beef broth (you need 1/2 cup)

1 jar salsa (your favorite)

1 (16 oz.) can refried beans

1 can diced tomatoes

SPICES

Thyme

Cumin

Nutmeg

Rosemary

Bay leaves

Cayenne pepper

Paprika

Garlic powder

Onion powder

DAIRY/DAIRY CASE

Butter

1 1/4 cups low-fat sour cream

2 3/4 cups low-fat Cheddar cheese, shredded

6 oz. Provolone cheese

3/4 cup low-fat cottage cheese

6 oz. Mozzarella cheese, part skim milk, shredded

DRY GOODS

Cornstarch

Quick rolled oats (use what you have-you need 1 cup)

1 pound ziti pasta

1 pound dry navy beans

2 (10 oz.) bags baked tortilla chips

BAKERY

**Whole grain rolls (1 meal)

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