

Saving Dinner Shopping List

Spring Menus

Week 1

MENU

Day 1: Chicken Pasta with Artichokes

Day 2: Asian Burritos with Ginger Salsa

Day 3: Succotash Soup

Day 4: Mediterranean Fish

Day 5: Turkey Wraps

Day 6: Orange Thyme Crockpot Chicken

SHOPPING LIST

MEAT

9 boneless, skinless chicken breast halves

3/4 pound extra-lean ground beef

6 pieces of white fish (cod, halibut, or whatever is available, fresh or frozen)

1 package white turkey meat (you'll need 1 1/2 cups, cooked and chopped)

CONDIMENTS

Cornstarch

Hoisin sauce

Soy sauce

Plum sauce, optional

Vegetable oil

Olive oil

Dijon mustard

Dry white wine or apple juice (you'll need 1/2 cup)

PRODUCE

1 lemon (you'll need 2 tablespoons juice)

1 pound mushrooms (you'll need two cups, sliced)

1 head cabbage (red or green)

1 head napa cabbage

1 bunch carrots garlic (you'll need one clove)

1 large tomato

1 bunch cilantro

1 piece gingerroot (you'll need 1 teaspoon)

3 pounds onions (keep on hand)

1 red bell pepper

1 bunch celery (you'll need 1/2 cup, chopped)

1 bunch green onions

**Spinach (2 meals)

**Sweet potatoes (1 meal)

**Green beans (1 meal)

**Baby carrots (2 meals)

**Broccoli (1 meal)

**1-2 heads lettuce (NOT Iceberg)

CANNED GOODS

3 14.5-ounce cans chicken broth (you'll have some left over and can freeze it in a freezer bag)

1 14.5-ounce can whole tomatoes

1 11-ounce can whole kernel corn

1 14.5-ounce can diced tomatoes with roasted garlic, onion and oregano

1 4.5-ounce can sliced olives

1 6-ounce jar marinated artichoke hearts

1 7-ounce jar roasted red peppers

SPICES

Cayenne pepper

Thyme

Nutmeg

Garlic powder

DAIRY/DAIRY CASE

1 bag low-fat shredded Cheddar cheese (you'll need 6 tablespoons)

1 package low-fat cream cheese

FROZEN FOOD

1 6-ounce can frozen concentrated orange juice

1 10-ounce bag frozen lima beans

DRY GOODS

Cornstarch

1 12-16 ounce package fusilli pasta (or other medium-size pasta)

Oats (you'll need 1 cup)

**1 pound brown rice (3 meals)

BAKERY

12 flour tortillas (whole wheat, if available)

**Whole-grain rolls (1 meal)

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