

Saving Dinner Shopping List

Spring Menus

Week 2

MENU

Day 1: Pan-Roasted Chicken and Potatoes

Day 2: Pasta Beef Satay

Day 3: Black and White Checkered Chili

Day 4: Blackened Salmon

Day 5: Mexican Torta

Day 6: Crock Italian Veggie Stew

SHOPPING LIST

MEAT

6 boneless, skinless chicken breast halves

1 pound boneless top sirloin

1/2 pound lean boneless round steak

6 salmon fillets, 1/2 to 3/4 inch thick

1/2 pound ground turkey

CONDIMENTS

Olive oil

Mayonnaise

Dijon mustard

Teriyaki sauce

Vegetable oil

Creamy peanut butter (you'll need 2 tablespoons)

PRODUCE

1 pound small red potatoes

3 pounds onions (keep on hand)

1 head garlic

2 carrots

1 large zucchini

1 bag spinach (baby if available) (**plus enough for 2 meals, if you follow Serving Suggestions)

1 bunch cilantro

**Baby carrots (2 meals)

**Sweet potatoes (2 meals)

**1 bunch asparagus (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 can chili peppers

2 4-ounce cans chopped green chilis

3 14.25-ounce cans chicken broth

1 14.25-ounce can beef broth

2 14.5-ounce cans diced tomatoes

1 15-ounce can black beans

1 15-16-ounce can cannellini beans (or white beans, if unavailable)

1 16-ounce can fat-free refried beans

1 7-ounce jar roasted red bell peppers

1 jar salsa (your favorite)

SPICES

Garlic powder

Ground ginger

Cayenne pepper

Chili powder

Paprika

White pepper

Onion powder

Dried thyme

Dried oregano

Cumin

Sage

Nutmeg

1 envelope taco seasoning (low sodium, if available)

DAIRY/DAIRY CASE

1 pound butter (keep on hand in the freezer for when needed)

16 ounces shredded reduced-fat Monterey Jack cheese

1 wedge Romano cheese

8 ounces low-fat sour cream

DRY GOODS

12 ounces thin spaghetti

1/2 cup elbow macaroni, or other small pasta

1 cup dried white beans

1 package pearl barley

**1 pound brown rice (1 meal)

BAKERY

16 corn tortillas

**Corn muffins (or homemade, if preferred)

**Whole-grain rolls

Copyright © 2003 Leanne Ely. All rights reserved.

Send your friends to pick up their free sample menus at <http://www.savingdinner.com>