

# Saving Dinner Shopping List

Spring Menus

Week 8

## MENU

**Day 1: Cajun Chicken**

**Day 2: Make Mine Meat Loaf**

**Day 3: Baked Parmesan Fish**

**Day 4: Red and Yellow Chowder**

**Day 5: White Bean and Sausage Pasta**

**Day 6: Crockpot Chicken Indonesian**

## SHOPPING LIST

### MEAT

- 6 boneless, skinless chicken breast halves
- 1 pound extra-lean ground beef
- 6 fish fillets (use what is available, fresh or frozen)
- 1 pound Italian turkey sausage
- 6 skinless chicken thighs

### CONDIMENTS

- Barbecue sauce (you'll need 1 cup)
- Salsa
- Olive oil
- Balsamic vinegar
- Soy sauce
- Sesame oil
- Peanut butter (you'll need 1/3 cup)

### PRODUCE

- 3 pounds onions (keep on hand)
- 1 green bell pepper
- 1 small red bell pepper
- 2 potatoes
- 1 head garlic
- 1 piece gingerroot
- \*\*Sweet potatoes (2 meals)
- \*\*Kale (1 meal)
- \*\*Baby carrots (1 meal)
- \*\*Broccoli (2 meals)
- \*\*Asparagus (1 meal)
- \*\*Potatoes (3 meals)
- \*\*Spinach (1 meal)
- \*\*2-3 heads of lettuce (NOT Iceberg)

## CANNED GOODS

- 1 4-ounce can corn kernels
- 1 15-ounce can white beans
- 4 15-ounce cans chicken broth
- 1 15-ounce can tomatoes

## SPICES

- Paprika
- Sage
- Cayenne pepper
- Garlic powder
- Chili powder
- Oregano
- Red pepper flakes

## DAIRY/DAIRY CASE

- Butter (you'll need 8 tablespoons)
- Eggs (you'll need 2)
- 1 wedge Parmesan cheese
- Half and half (you'll need 1 cup)
- 1 wedge Romano cheese

## FROZEN FOOD

- 1-2 bags corn (you'll need 4 cups)

## DRY GOODS

- Flour (you'll need 7 tablespoons)
- Cornmeal (you'll need 5 tablespoons)
- Rigatoni (you'll need 1/2 pound)
- \*\*Brown rice (2 meals)

## BAKERY:

- Soft bread crumbs (you'll need 1 cup)
- \*\*Whole-grain rolls (1 meal)

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