

Saving Dinner Shopping List

Winter Menus

Week 7

MENU

Day 1: Green Chile Chicken Casserole
Day 2: Pasta with Garlicky Greens and Beans
Day 3: Double Potato Soup
Day 4: Thai Roll Ups
Day 5: Salmon Burgers
Day 6: Crock Beef Stew

SHOPPING LIST

MEAT

6 boneless skinless chicken breast halves
3/4 pound turkey breast
1 pound round steak

CONDIMENTS

Olive oil
Soy sauce (low sodium if available)
Vegetable oil
Dijon mustard
Worcestershire sauce
Peanut butter (you'll need 3 tablespoons)
Balsamic vinegar
**Mustard
**Mayonnaise
**Ketchup

PRODUCE

1 small red bell pepper
1 small green bell pepper
1 head garlic
3 pounds onions
1 bunch kale (**one more bunch, if using Serving Suggestions)
2 sweet potatoes
10-12 russet potatoes (you need 6, plus enough for 4 cups mashed potatoes)
1 piece ginger root
1 lime
1 bunch cilantro
1 bunch green onions
1 bag baby carrots (**one more bag, if using Serving Suggestions)
1 bunch celery
**2 heads lettuce (not Iceberg)
**Sweet potatoes (1 meal)
**1 bag spinach (baby is best)
**Tomatoes
**Butternut squash
**Kale

CANNED GOODS

1 (28 ounce) can green enchilada sauce
2 (15 ounce) cans cannelli beans (or substitute white beans)
3 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can beef broth
1 (16 ounce) can salmon

SPICES

Garlic powder
Cumin
Thyme
Cayenne pepper
Dill

DAIRY/DAIRY CASE

1 16-ounce bag shredded low-fat Cheddar cheese
1 8-ounce container low-fat sour cream
1 wedge Romano cheese (you need 1/2 cup grated)
1 16-ounce container half and half
1 3-ounce package Neufchatel cheese
1 dozen eggs (you'll need 1)

DRY GOODS

1 pound ziti pasta brown sugar (you'll only need 1 tablespoon)
Flour (you'll only need 1/4 cup)

BAKERY

6 whole-wheat hamburger buns
12 corn tortillas
6 flour tortillas (whole wheat, if available)
**Whole-grain rolls

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