

Saving Dinner Shopping List

Fall Menus

Week 1

MENU

Day 1: Apple Chicken

Day 2: Roast Beef Picante

Day 3: Beany Burritos

Day 4: Moroccan Fish Tangine

Day 5: Italian Turkey Meatloaf

Day 6: Crock Pea Soup

SHOPPING LIST

MEAT

6 boneless skinless chicken breast halves

1 ½ pounds boneless sirloin roast

6 whitefish

½ package Italian turkey sausages

½ pound ground turkey

Ham bone

CONDIMENTS

Vegetable oil

Olive oil

Cider vinegar

Dry white wine

Worcestershire sauce

PRODUCE

1 lime

2-3 lemons

4 Granny Smith apples

3 pounds onions (keep on hand)

Garlic (you'll need 7 cloves)

3 tomatoes

2 bell peppers

1 bunch carrots

Celery (you'll need 1 stalk)

1 small jalapeno pepper

1 small bunch parsley

1 bunch cilantro

1 bunch green onions

**Russet potatoes (1 meal)

**Butternut squash (2 meals)

**Broccoli (2 meals)

**Kale (2 meals)

**Spinach (I like baby spinach) (2 meals)

**Baby carrots (2 meals)

**Sweet potatoes (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 28-ounce jar spaghetti sauce

1 14-ounce can chicken broth

1 14-ounce can beef broth

1 jar salsa (your favorite)

1 small can tomato puree (you'll need 3 tablespoons)

1 14.5-ounce can diced tomatoes with Italian herbs

1 15-ounce can pinto beans

1 15-ounce can black beans

SPICES

1 envelope taco seasoning (low sodium is a good option)

Paprika

Ground cumin

Bay leaves

Thyme

DAIRY/DAIRY CASE

Eggs (you'll need 1)

Parmesan cheese (you'll need 1/3 cup, grated)

**Sour cream (I use low-fat)

DRY GOODS

Brown sugar (you'll need 1/3 cup)

Sugar (you'll need 2 teaspoons)

Cornstarch (you'll need 4 tablespoons)

Oats (you'll need 1/2 cup)

Flour (you'll need 1/3 cup)

1 pound split peas

** Brown rice (2 meals)

**Pasta (1 meal)

BAKERY

6 whole-wheat tortillas (if you can find whole wheat)

**Whole grain rolls (1 meal)

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