

Saving Dinner Shopping List

Fall Menus

Week 4

MENU

- Day 1: Parmesan Drumsticks**
- Day 2: Cube Steaks with Blue Cheese**
- Day 3: Mustard Glazed Salmon**
- Day 4: Cream of Cauliflower Soup**
- Day 5: Chicken Stroganoff**
- Day 6: Really Easy Mixed Bean Chili**

SHOPPING LIST

MEAT

- 5 boneless skinless chicken breast halves
- 6 cube steaks
- 6 salmon fillets
- 12 chicken drumsticks, skinless

CONDIMENTS

- Olive oil
- Honey mustard

PRODUCE

- 1 small red onion
- 3 pounds onions (keep on hand)
- 1 head garlic
- 1-2 bunches green onions (you'll need 1/4 cup and 5 green onions)
- 1/2 pound mushrooms
- 1 sweet potato
- **Russet potatoes (1 meal)
- **Acorn squash (1 meal)
- **Broccoli (2 meals)
- **Banana squash (1 meal)
- **Spinach (I like baby spinach) (1 meal)
- **Baby carrots (1 meal)
- **Green beans (1 meal)
- **Sweet potatoes (1 meal)
- **2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

- Chicken broth (you need 1 1/2 quarts)
- 1 jar salsa (your favorite)
- 1 (14.5 oz.) can diced tomatoes (you need 1/2 can)
- 1 (15 oz.) can pinto beans
- 1 (15 oz.) can black beans

SPICES

- 1 envelope taco seasoning (low sodium, if available)
- Paprika
- Oregano

DAIRY/DAIRY CASE

- Butter (I keep 1 pound unsalted on hand in the freezer)
- Parmesan cheese (you'll need 1 cup, grated)
- 6 tablespoons bleu cheese crumbles
- Low-fat milk (you'll need 1 1/2 cups)
- 1/2 cup low-fat sour cream

FROZEN

- 10 oz. cauliflower
- 10 oz. whole-kernel corn

DRY GOODS

- Flour (use what you have)
- 1 pound egg noodles, yolk-free
- **Brown rice (2 meals)

BAKERY

- **Whole grain rolls (1 meal)
- **Corn muffins (1 meal)

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