

# Saving Dinner Shopping List

Fall Menus

Week 6

## MENU

- Day 1: Chicken Pepper Skillet**
- Day 2: Cheeseburger Casserole**
- Day 3: Hoppin' John Soup**
- Day 4: Honey Dijon Fish**
- Day 5: Mexican Turkey Hash**
- Day 6: Crock Chicken and Autumn Vegetables**

## SHOPPING LIST

### MEAT

- 5 boneless skinless chicken breast halves
- 3/4 pound extra lean ground beef
- 1/2 pound Kielbasa
- 6 fish fillets
- 1 pound ground turkey
- 6 skinless chicken thighs

### CONDIMENTS

- Olive oil
- Dijon mustard
- Rice vinegar
- Honey
- White wine, OPTIONAL
- 1 jar salsa (your favorite, you'll need 1/2 cup)

### PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic
- 1 red bell pepper
- 1 bunch carrots
- 1 bell pepper
- 3 Russet potatoes (\*\*additional potatoes for 1 meal if you follow Serving Suggestions)
- 2 turnips
- \*\*Butternut squash (1 meal)
- \*\*Broccoli (1 meal)
- \*\*Kale (1 meal)
- \*\*Spinach (I like baby spinach) (2 meals)
- \*\*Winter squash (1 meal)
- \*\*Sweet potatoes (1 meal)
- \*\*2-3 heads lettuce (NOT Iceberg)

## CANNED GOODS

- 5 14-ounce cans chicken broth
- 2 15-ounce cans black-eyed peas
- 1 15-ounce can navy beans
- 1 15-ounce can diced tomatoes

## SPICES

- Basil
- Thyme
- Garlic powder
- Cayenne pepper
- Cumin
- Tarragon

## FROZEN FOODS

- 2 cups tricolored bell pepper (or substitute other frozen bell peppers)

## DAIRY/DAIRY CASE

- Butter
- Romano cheese, grated (you'll need 3 tablespoons)
- 1 bag low-fat Cheddar cheese, grated (you'll need 1 cup)
- 1 8-ounce container half and half

## DRY GOODS

- 12 ounces fettuccine
- 8 ounces spinach egg noodles
- Oats (you'll need 1 cup)
- Flour (you'll need 1/3 cup)
- Brown rice (you'll need 1 cup)

## BAKERY

- \*\*Cornbread (1 meal)
- \*\*Corn tortillas (1 meal)