

# Saving Dinner Shopping List

Fall Menus

Week 7

## MENU

**Day 1: Beef Fajitas**

**Day 2: Chicken Balsamic**

**Day 3: Baked Tomato Basil Fish**

**Day 4: Apple Turkey Burgers**

**Day 5: Curried Chicken and Rice Soup**

**Day 6: Crock Lentil Stew**

## SHOPPING LIST

### MEAT

9 boneless skinless chicken breast halves

1 pound flank steak

6 fish fillets

1 1/2 pounds ground turkey

### CONDIMENTS

Vegetable oil

Olive oil

Rice vinegar

Balsamic vinegar

Lemon juice

Red wine, OPTIONAL

### PRODUCE

3 pounds onions (keep on hand)

1 head garlic

1 small green bell pepper

1 small red bell pepper

1 lemon

2 limes

1 bunch cilantro

3 plum tomatoes

1 bunch carrots

1 bunch celery

\*\*Kale (1 meal)

\*\*Baby red potatoes (1 meal)

\*\*Baby carrots (2 meals)

\*\*Broccoli (1 meal)

\*\*Spinach (I like baby spinach) (1 meal)

\*\*Winter squash (1 meal)

\*\*2-3 heads lettuce (NOT Iceberg; remember, the darker the green, the better)(3 meals)

\*\*Anything else you would like in your salad (3 meals)

## CANNED GOODS

1 small jar chunky applesauce (you'll need 1/4 cup)

5 14-ounce cans chicken broth

1 15-ounce can stewed tomatoes

1 5-ounce can tomato paste

1 14.5-ounce can Italian tomatoes

\*\*Applesauce (1 meal)

## SPICES

Poultry seasoning

Garlic powder

Curry powder

Thyme

Cumin

Rosemary

Basil

Pressed red pepper

## DAIRY/DAIRY CASE

Eggs (you need 1)

Romano cheese, grated (you need 6 tsp.)

\*\*Cheese for grilled cheese sandwiches (1 meal)

## DRY GOODS

1 pound lentils

Brown rice

Flour

## BAKERY

6 flour tortillas

6 whole wheat hamburger buns

\*\*Wheat bread (1 meal)

\*\*Whole grain rolls (1 meal)

Copyright © 2003 Leanne Ely. All rights reserved.

Send your friends to pick up their free sample menus at <http://www.savingdinner.com>