

Saving Dinner Shopping List

Spring Menus

Week 3

MENU

- Day 1: Low Country Beef and Rice**
- Day 2: Spiced Baked Halibut**
- Day 3: Recipe Rave: Caramelized Garlic Chicken**
- Day 4: Mexican Stuffed Pitas**
- Day 5: Pepper Steak**
- Day 6: Moroccan Chicken**

SHOPPING LIST

MEAT

- 3 boneless, skinless chicken thighs
- 6 boneless, skinless chicken breast halves
- 3/4 pound extra-lean ground beef
- 1 pound flank steak
- 6 halibut or lean whitefish fillets, about 1 inch thick
- 6 ounces cooked turkey (or buy turkey breast fillets and cook yourself-your choice)

CONDIMENTS

- Olive oil
- Cajun/Creole seasoning
- Balsamic vinegar
- Worcestershire sauce

PRODUCE

- 1 bunch celery (you'll need 1 stalk)
- 4 medium tomatoes
- 1 bunch green onions (you'll use 1 tablespoon, chopped)
- 3 pounds onions (keep on hand)
- 1 head lettuce (your choice-NOT Iceberg; you'll use 2 cups, shredded)
- 1-2 heads garlic (you'll use 11 cloves)
- Green bell peppers (you'll use 1 small plus enough to have 2 cups strips)
- 1 small red bell pepper
- 1 small red onion
- 1 avocado
- 2 jalapeno chilies, optional
- 1 bunch cilantro, optional
- **Russet potatoes (1 meal)
- **Sweet potatoes (2 meals)
- **Baby red potatoes (1 meal)
- **Broccoli (1 meal)
- **Kale (1 meal)
- **Fresh green beans (1 meal)
- **Baby carrots (4 meals)
- **2 heads lettuce (NOT Iceberg; use color as your guide, the darker the green, the better)

CANNED GOODS

- 1 28-ounce jar spaghetti sauce
- 1 14.5-ounce can chicken broth (you'll use 1/4 cup)
- 1 14.5-ounce can beef broth (you need 3/4 cup)
- 1 jar salsa (your favorite; you'll need 1 tablespoon)
- 1 small can tomato paste (you'll need 2 tablespoons)
- 1 12-ounce can diced tomatoes
- 1 16-ounce can whole tomatoes
- 2 11.5-ounce cans V-8 juice
- 2 16-ounce cans garbanzo beans
- 1 jar peanut butter (you'll need 2 tablespoons)

SPICES

- Cumin
- Ground coriander

DAIRY/DAIRY CASE

- 3 ounces Monterey Jack cheese (you'll need 3/4 cup shredded)
- Low-fat sour cream (you'll need 3 tablespoons)

DRY GOODS

- Golden raisins (you'll need 1/2 cup)
- Oats (you'll need 1 cup)
- Brown sugar (you'll need 6 teaspoons)
- 1 pound brown rice (you'll need 3 cups, cooked)
- **Pasta (1 meal)
- **Whole-wheat or regular couscous (1 meal)

BAKERY

- 6 whole wheat pita breads