

# Saving Dinner Shopping List

Spring Menus

Week 4

## MENU

**Day 1: Blackberry Balsamic Chicken**

**Day 2: Polenta Pie**

**Day 3: Thai Beef**

**Day 4: Honey Barbecued Salmon**

**Day 5: Creamy Ziti**

**Day 6: Sweet Lentil Stew**

## SHOPPING LIST

### MEAT

6 boneless, skinless chicken breast halves  
6 salmon fillets turkey bacon (you'll need 3 slices)  
12 ounces lean turkey ham  
1 pound flank steak

### CONDIMENTS

Olive oil  
Vegetable oil  
Cooking spray  
Balsamic vinegar (you'll need 2 tablespoons)  
Barbecue sauce (you'll need 1/4 cup)  
Dijon mustard (you'll need 1/4 cup)  
Hot sauce or Tabasco sauce (you'll need 3/4 teaspoon)  
Teriyaki sauce (you'll need 1/2 cup)  
Rice vinegar (you'll need 2 tablespoons)  
Honey (you'll need 1/8 cup)

### PRODUCE

1 red onion  
3 pounds onions (keep on hand)  
2 lemons  
2 red bell peppers  
1 bunch parsley (you'll need 1/4 cup, chopped)  
Dill (you'll need 2 tablespoons, minced)  
1 piece fresh gingerroot  
1 head garlic  
1 large sweet potato  
1 large potato  
\*\*Red rose baby potatoes (1 meal)  
\*\*Sweet potatoes (1 meal)  
\*\*Green beans (2 meals)  
\*\*Spinach (2 meals)  
\*\*Baby carrots (1 meal)  
\*\*Broccoli (1 meal)  
\*\*Baking potatoes (1 meal)  
\*\*1-2 heads lettuce (NOT Iceberg)

## CANNED GOODS

Seedless blackberry preserves (you need 1/3 cup)  
1 15-ounce can chili beans  
1 28-ounce jar spaghetti sauce

## SPICES

Dried thyme  
Garlic powder  
Red pepper flakes

## DAIRY/DAIRY CASE

Eggs (you'll need 1 egg)  
Monterey Jack cheese (you'll need 3/4 cup, shredded)  
Non-fat sour cream (you'll need 1 cup)  
Skim milk (you'll need 3/4 cup)

## FROZEN FOOD

1 (10oz.) package of spinach

## DRY GOODS

Cornmeal (you'll need 1/4 cup)  
Baked tortilla chips (you'll need 1/3 cup)  
1 pound ziti, penne, or other medium-size pasta  
Lentils (you'll need 1 cup)  
\*\*Brown rice (1 meal)

## BAKERY

\*\*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>