

Saving Dinner Shopping List

Spring Menus

Week 6

MENU

Day 1: Mashed Potato Pie

Day 2: Baked Citrus Fish

Day 3: Chicken Fajita Orzo

Day 4: Quick Tri-Bean Soup

Day 5: Skillet Pizza

Day 6: Crock Stroganoff

SHOPPING LIST

MEAT

1 1/2 pounds ground turkey

6 fish fillets

4 boneless, skinless chicken breast halves

1 pound extra-lean ground beef

1 1/2 pounds round steak

CONDIMENTS

Worcestershire sauce

Olive oil

PRODUCE

1 bunch carrots

3 pounds onions (keep on hand)

1 large red onion

1 lemon

1 bunch cilantro (you'll need 3 tablespoons, chopped)

2 large red bell peppers

1 small red bell pepper (you'll need half of it; you can put the rest in your salad)

4 medium tomatoes

1 bunch green onions

1 jalapeno pepper

1 head garlic

4-6 limes (for 3/4 cup juice plus 1 lime)

1-2 oranges (for 1/3 cup juice)

1 1/2 cups mushrooms

**Broccoli (2 meals)

**Sweet potatoes (1 meal)

**Kale (1 meal)

**Spinach (1 meal)

**Baby carrots (1 meal)

**1-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 15-ounce can white beans

1 15-ounce can kidney beans

1 15-ounce can black beans

1 14.5 ounce can chicken broth

1 14.5-ounce can beef broth

1 15-ounce can diced tomatoes

1 14-ounce jar spaghetti sauce

SPICES

Garlic powder

Basil

DAIRY/DAIRY CASE

Eggs (you'll need 2)

Butter (you'll need 3 tablespoons)

Low-fat Cheddar cheese, shredded (you'll need 3/4 cup)

Part-skim-milk mozzarella cheese (you'll need 1 cup, shredded)

1 wedge Romano cheese (you'll need 6 tablespoons)

16 ounces low-fat sour cream (you'll need 1 1/4 cups)

Skim milk (you'll need 1/2 cup)

FROZEN FOOD

1 pound hash browns

DRY GOODS

1 pound orzo, ditalini, or other small-size pasta

Oats (you'll need 1 cup)

Flour (you'll need about 2/3 cup)

1 package egg noodles, yolk-free

1 container Italian bread crumbs

**1 pound brown rice (1 meal)

BAKERY

**Whole-grain rolls (1 meal)

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