

Saving Dinner Shopping List

Spring Menus

Week 7

MENU

Day 1: Cashew Chicken

Day 2: Baked Fish with Tomatoes and Olives

Day 3: Chili with Corn Bread Dumplings

Day 4: Creamy Spaghetti Carbonara

Day 5: Turkey and Rice Strata

Day 6: Crooked Barbecued Beef

SHOPPING LIST

MEAT

- 4 boneless, skinless chicken breast halves
- 6 fish fillets (your choice, use what's available & affordable)
- 3/4 pound extra-lean ground beef
- 9 ounces turkey bacon
- Small package white meat turkey (you'll need 1 1/2 cups, cooked and cubed)
- 2 pounds chuck roast

PRODUCE

- 1 lime (you'll need 1 tablespoon juice)
- 2 oranges (you'll need 3/4 cup juice)
- 1 bunch green onions
- 1 bunch carrots
- 1 bunch celery (you'll need 1 stalk)
- 4 tomatoes
- 1 head garlic
- 1 red onion
- 3 pounds onions (keep on hand)
- 1 green bell pepper
- 1 bunch parsley
- 1 bunch fresh basil
- **Sweet potatoes (1 meal)
- **Potatoes for baking (1 meal)
- **Potatoes for Oven Fries (1 meal)
- **Spinach (2 meals)
- **Baby carrots (1 meal)
- **Broccoli (1 meal)
- **Green beans (1 meal)
- **Asparagus (1 meal)
- **Cabbage or bagged coleslaw (1 meal)
- **Butternut squash (1 meal)
- **1-2 heads lettuce (NOT Iceberg)

CONDIMENTS

- Honey (about 2/3 cup)
- Soy sauce (you'll need 1/4 cup)
- Vegetable oil
- Extra-virgin olive oil
- Ketchup (at least 1 1/2 cups)
- Balsamic vinegar
- Dijon mustard
- Barbecue sauce
- Worcestershire sauce
- Dry white wine (you'll need 1 cup)

CANNED GOODS

- 1 15-ounce can pinto beans
- 1 28-ounce jar spaghetti sauce
- 1 small jar green olives (you'll need 1/2 cup, chopped)

SPICES

- Ground ginger
- Garlic powder
- Thyme dried
- Hot red pepper flakes
- Chili powder
- Cumin
- Oregano
- Cayenne pepper

DAIRY/DAIRY CASE

- Eggs (you'll need 4)
- Low-fat Cheddar cheese (you'll need 1 3/4 cups, shredded)
- Part-skim-milk mozzarella cheese, shredded (you'll need 3/4 cup)
- 1 wedge Parmesan cheese, grated (you'll need 1/2 cup)
- Milk (you'll need 1/2 cup)
- Half and half (1 cup)

DRY GOODS

- Cashews (you'll need 1 cup)
- Oats (you'll need 1 cup)
- 8 1/2 ounce package corn muffin mix
- 1 1/2 pounds spaghetti
- 2 pounds brown rice (**1 pound is for Serving Suggestions)
- Flour (you'll need 1 tablespoon)
- Cornstarch (1 tablespoon)

BAKERY

- **Whole-grain hamburger buns (1 meal)