

Saving Dinner Shopping List

Summer Menus

Week 1

MENU

- Day 1: Skillet Chili Chicken
- Day 2: Ginger Grilled Fish
- Day 3: Indian Lentils and Rice
- Day 4: Pasta Salad Primavera
- Day 5: Hungarian Hamburger Steaks
- Day 6: Crockpot Cabbage Rolls

SHOPPING LIST

MEAT

- 6 boneless, skinless chicken breast halves
- 6 fish fillets
- 1 1/2 pounds extra-lean ground beef
- 1 pound ground turkey

CONDIMENTS

- Vegetable oil
- Soy sauce (I prefer low sodium)
- Olive oil
- Cider vinegar
- **Balsamic vinegar

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic (keep on hand)
- 1 small red onion
- 1 piece gingerroot (you'll need 1 teaspoon grated)
- 1 bunch cilantro 1 bunch carrots (keep on hand)
- 1 bunch broccoli (**additional broccoli for 2 meals if you follow Serving Suggestions)
- 1 red bell pepper
- 1 head cabbage
- **Baby carrots (2 meals)
- **Baby spinach (1 meal)
- **Yellow squash (1 meal)
- **Zucchini (1 meal)
- **Tomatoes (1 meal)
- **Fresh basil (1 meal)
- **Potatoes (1 meal)
- **Cabbage for coleslaw (my preference is a bag of already shredded coleslaw mix) (1 meal)
- **2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

- 2 4-ounce cans diced green chilies
- 2 14-ounce cans chicken broth
- 1 7-ounce can whole kernel corn
- 1 8-ounce can tomato sauce

SPICES

- Chili powder
- Cayenne pepper
- Cumin
- Dry mustard
- Garlic powder
- Curry powder
- Basil
- Paprika
- Marjoram

DAIRY/DAIRY CASE

- Low-fat sour cream (you'll need 1 3/4 cup) (**additional if you follow Serving Suggestions)
- Plain yogurt (you'll need 1/2 cup)
- Provolone cheese (6 ounces)
- 1 egg **mozzarella cheese (1 meal)

DRY GOODS

- Flour
- Brown sugar
- Lentils (2 cups)
- 1 box pasta shells
- Brown rice (**additional brown rice for two meals if you follow Serving Suggestions)
- **Couscous (1 meal)
- 1 box toothpicks

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