

Saving Dinner Shopping List

Summer Menus

Week 2

MENU

Day 1: Restaurant-Style Chinese Chicken

Day 2: Poached Salmon with Creamy Horseradish Sauce

Day 3: Cincinnati Chili

Day 4: Great Greek Salad

Day 5: BBQ Beef Kabobs

Day 6: Lemon Roast Chicken

SHOPPING LIST

MEAT

- 1 pound chicken breast halves (skinned and boned)
- 6 salmon steaks or fillets
- 3 pounds round, flank, or chuck steak
- 1 whole chicken

CONDIMENTS

- Vegetable oil
- Soy sauce (I prefer low sodium)
- Low-fat mayonnaise
- Prepared horseradish (not creamed)
- Olive oil
- Dry sherry
- Balsamic vinegar

PRODUCE

- 3 pounds onions (keep on hand)
- 1 head garlic (keep on hand)
- 1 piece gingerroot (you'll need 3 teaspoons grated)
- 1 bunch green onions
- 4 lemons
- 1 bunch celery (you'll need 2 stalks)
- 1 bunch carrots (keep on hand)
- 1 bunch broccoli
- 3 tomatoes
- 2 green peppers
- 2 red bell peppers (**Another red bell pepper if you follow Serving Suggestions)
- 1 red onion
- 1 English cucumber (seedless)
- **Baby carrots (2 meals)
- **Baby spinach (1 meal)
- **Baby red potatoes (1 meal)
- **Green beans (2 meals)
- **Yellow squash (1 meal)
- **Potatoes for mashed potatoes (1 meal)
- **2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

- 1 16-ounce can diced tomatoes
- 1 14.5-ounce can chicken broth
- 1 16-ounce can tomato sauce
- 1 6-ounce can tomato paste
- 2 16-ounce cans red kidney beans
- 12 Greek olives (these may be in the deli section)

SPICES

- Ginger
- Chili powder
- Cinnamon
- Oregano

DAIRY/DAIRY CASE

- Low-fat sour cream (you'll need 1/2 cup)
- 12 ounces Feta cheese
- Low-fat shredded Cheddar cheese

DRY GOODS

- 4 ounces unsalted roasted peanuts
- Cornstarch
- Sugar
- 1 pound spaghetti
- **Brown rice (2 meals)
- 18 bamboo skewers

BAKERY

- **Corn muffins (1 meal)
- **Whole-grain rolls (1 meal)

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