

Saving Dinner Shopping List

Summer Menus

Week 3

MENU

Day 1: Spicy Chicken with Pineapple Avocado Salsa

Day 2: Potato-Crusted Fish

Day 3: Black Bean Quesadillas

Day 4: Mega-Layered Salad

Day 5: Grilled Rosemary Chicken

Day 6: Crockpot Gingered Beef

SHOPPING LIST

MEAT

12 boneless, skinless chicken breast halves

6 fish fillets

2 pounds round roast

**Chopped chicken (1 meal, if you use Optional Serving Idea)

**Turkey bacon (1 meal, if you use Optional Serving Idea)

CONDIMENTS

Olive oil

Vegetable oil

Ketchup

Honey

Dry red wine vinegar

Low-fat mayonnaise

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (keep on hand)

1 avocado

1 bunch green onions

1 head romaine lettuce

1 bunch cilantro

1 lime potatoes (you'll need 2 cups, shredded)

Mushrooms (you'll need 1 1/2 cups, sliced)

3 lemons (**additional lemons for 1 meal if you follow Serving Suggestions)

1 bunch celery (you'll need 1/2 cup, chopped)

2 tomatoes

1 green bell pepper

1 red bell pepper

**Baby carrots (2 meals)

**Tiny sugar tomatoes (1 meal)

**Zucchini (1 meal)

**Sweet potatoes (1 meal)

**Spinach (2 meals)

**Green beans (2 meals)

**Yellow squash (1 meal)

**Melon (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 14.5-ounce can beef broth

1 7-ounce can pressed pineapple

1 15-ounce can black beans

SPICES

Cayenne pepper

Ginger

Cumin

Chili powder

Garlic powder

Curry powder

Rosemary

Fennel seeds

Red pepper flakes

Tarragon

Whole black peppercorns

DAIRY/DAIRY CASE

Low-fat shredded Cheddar cheese (you'll need 1 cup)

2 eggs Romano cheese (you'll need 2 tablespoons)

FROZEN FOOD

1 10-ounce package corn

1 package peas (petite peas, if you can find them)

DRY GOODS

Light brown sugar

**Couscous (1 meal)

**Brown rice (2 meals)

BAKERY

12 flour tortillas (whole wheat, if available)

** Whole-grain rolls

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