

Saving Dinner Shopping List

Summer Menus

Week 4

MENU

Day 1: Skillet Lemon Chicken with Rosemary

Day 2: Fish Romano

Day 3: Tuscan Squash and Beans on Rice

Day 4: Marinated Flank Steak

Day 5: Warm Spinach Salad

Day 6: Crockpot BBQ Chicken

SHOPPING LIST

MEAT

6 boneless, skinless chicken breast halves

6 fish fillets

1 1/2 pounds flank steak

1/2 pound turkey bacon

1 whole chicken

CONDIMENTS

Olive oil

Honey

Soy sauce (I prefer low sodium)

Balsamic vinegar

Red wine

Dry white wine

Dijon mustard

Barbecue sauce

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (keep on hand)

3 lemons

1 1/2-10-ounce packages baby spinach (**additional for
1 meal if you follow Serving Suggestions)

Zucchini (you'll need 3 cups, chopped)

1 red onion

3 large tomatoes

1 red bell pepper

**Baby carrots (4 meals)

**Red rose potatoes (1 meal)

**Broccoli (1 meal)

**Corn on the cob (1 meal)

**Sugar tomatoes (2 meals)

**Radishes (1 meal)

**Yellow squash (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 14.5-ounce can chicken broth

1 15-ounce can cannellini beans (or substitute white
beans, in unavailable)

SPICES

Chili powder

Rosemary

Oregano

Thyme

Pressed red pepper, optional

DAIRY/DAIRY CASE

Butter (I keep 1 pound unsalted in the freezer)

Romano cheese (you'll need 1/2 cup) blue cheese

FROZEN FOOD

1 10-ounce package corn

DRY GOODS

Cornstarch

Flour

Sugar

Brown rice (**additional brown rice for 2 meals if you
follow Serving Suggestions)

BAKERY

**Whole-grain rolls (1 meal)

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