

Saving Dinner Shopping List

Summer Menus

Week 6

MENU

Day 1: Chinese Stir-Fried Chicken and Rice

Day 2: Orange-Poached Fish with Rosemary

Day 3: Texas Caviar Salad with Lone Star

Vinaigrette

Day 4: Vietnamese-Style Chicken Salad

Day 5: Honey Mustard Chicken Drumsticks

Day 6: Crockpot Stuffed Peppers

SHOPPING LIST

MEAT

6 boneless, skinless chicken breast halves

6 fish fillets

3/4 pound extra-lean ground beef

12 chicken drumsticks, skin removed

PRODUCE

3 pounds onions (keep on hand)

2 heads garlic (keep on hand)

1 head green cabbage (**extra cabbage for coleslaw for
1 meal if following Serving Suggestions)

1 head red cabbage

6 cups mixed salad greens

1 bunch carrots

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

1 lemon

1 bunch cilantro

1 bunch green onions

1 red onion

3 tomatoes

6 red bell peppers

1 green bell pepper

**Baby carrots (3 meals)

**Baby spinach (1 meal)

**Zucchini (1 meal)

**Green beans (1 meal)

**Cherry tomatoes (3 meals)

**Potatoes (1 meal)

**Radishes (1 meal)

CONDIMENTS

Dark sesame oil

Vegetable oil

Dry sherry

Balsamic vinegar

Olive oil

Tabasco sauce

Honey

Ketchup

Worcestershire sauce

Soy sauce (I prefer low sodium)

Rice vinegar

Dijon mustard

Low-fat mayonnaise

CANNED GOODS

1 4-ounce can diced green chilies

1 8-ounce can tomato sauce

SPICES

Rosemary

Cumin

Mint flakes

Garlic powder

DAIRY/DAIRY CASE

Orange juice

1 cup low-fat Cheddar cheese, shredded

**Low-fat sour cream (1 meal)

FROZEN FOOD

Black-eyed peas (you'll need 3 3/4 cups)

1 10-ounce package corn

1 10-ounce package peas (petite or baby peas are best)

DRY GOODS

4-ounces angel hair pasta brown rice (**additional for 1
meal if following Serving Suggestions)

**Couscous (whole wheat, if available) (1 meal)

BAKERY

**Whole-grain rolls (1 meal)

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