

Saving Dinner Shopping List

Summer Menus

Week 7

MENU

Day 1: Garbanzo Bean Salad

Day 2: Tuna Tarragon

Day 3: Grilled Asian Chicken

Day 4: Summer Pasta Primavera

Day 5: BBQ Gyros

Day 6: Crock-Nutty Chicken

SHOPPING LIST

MEAT

12 boneless, skinless chicken breast halves

6 tuna fillets (or other firm-fleshed fish)

1 pound extra-lean ground beef

CONDIMENTS

Vegetable oil

White wine

Olive oil

Tabasco sauce

Honey

Soy sauce (I prefer low sodium)

Tahini salad dressing (in the dressing section; also called sesame dressing)

Italian salad dressing

Peanut butter

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (keep on hand)

2 lemons

1 bunch green onions

2 red onions

2 cucumbers

2 tomatoes

1 cup fresh corn (or use frozen, if fresh not available)

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

Cherry tomatoes (**additional cherry tomatoes for 1 meal if you follow Serving Suggestions)

**Corn on the cob (1 meal)

**Celery (1 meal)

**Sugar tomatoes (1 meal)

**Baby carrots (2 meals)

**Baby spinach (1 meal)

**Yellow squash (1 meal)

**Red potatoes (1 meal)

**Green beans (1 meal)

**Radishes (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

2 15-ounce cans garbanzo beans

1 15-ounce can black olives, pitted

1 15-ounce can chicken broth

SPICES

Curry powder

Chili powder

Garlic powder

Tarragon

Oregano

Onion powder

Thyme red pepper flakes

Ginger

White pepper

DAIRY/DAIRY CASE

Orange juice

Butter (I keep 1 pound unsalted in the freezer)

Feta cheese (you'll need 1 ounce)

Milk

Romano cheese

Plain yogurt (you'll need 1 cup)

FROZEN FOOD

1 package corn (10 oz.), if not using fresh

DRY GOODS

Flour

1 pound ziti pasta

Cornstarch

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

BAKERY

6 whole wheat pita breads

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