

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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