

Saving Dinner Shopping List

Summer Menus

Week 8

MENU

Day 1: Chicken Diane

Day 2: Poor Guy's Lobster

Day 3: Cajun Chicken Caesar Sandwiches

Day 4: Summer Bean Salad

Day 5: Mega Cheesyburgers

Day 6: Swedish Beef Crock-Pot

SHOPPING LIST

MEAT

12 boneless, skinless chicken breast halves

6 frozen cod fillets (frozen is a must)

12 strips turkey bacon

1 pound round steak

1 1/2 pounds extra-lean ground beef

CONDIMENTS

White vinegar

Olive oil

Dijon mustard

Balsamic vinegar

Low-fat Caesar salad dressing

**Mustard (1 meal)

**Mayonnaise (1 meal)

**Ketchup (1 meal)

**Pickles (1 meal)

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (keep on hand)

3 lemons, or 2 lemons and 1 lime

1 bunch green onions

2 heads romaine lettuce

1 green bell pepper

4 scallions

**Tomatoes (3 meals)

**Baby carrots (1 meal)

**Sugar tomatoes (1 meal)

**Fresh basil (1 meal)

**Broccoli (1 meal)

**Patty pan squash (1 meal)

**Red potatoes (1 meal)

**Green beans (1 meal)

**Radishes (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 15-ounce can black beans

1 14.5-ounce can Italian tomatoes

2 15-ounce cans chicken broth

SPICES

Cajun seasoning

Dill weed

DAIRY/DAIRY CASE

Swiss cheese, grated

Butter (I keep 1 pound unsalted in the freezer)

Low-fat sour cream (you'll need 1 cup)

Parmesan cheese

Romano cheese

FROZEN FOOD

1 package peas (petite or baby peas are best)

1 package corn

DRY GOODS

Flour

**Egg noodles (1 meal)

**Brown rice (1 meal)

BAKERY

6 whole-wheat sandwich rolls

**6 whole-wheat buns (1 meal)

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