

# Saving Dinner Shopping List

Winter Menus

Week 1

## MENU

**Day 1: Skillet Chicken with Spinach**

**Day 2: Tuna Fusilli**

**Day 3: Cube Steak Stroganoff**

**Day 4: Sweet Bean Burritos**

**Day 5: Herb-Crusted Chicken Piccata**

**Day 6: Crockpot Corn Chowder**

## SHOPPING LIST

### MEAT

12 boneless, skinless chicken breast halves

6 cube steaks

### CONDIMENTS

Vegetable oil

Extra-virgin olive oil

Dijon mustard

White wine, optional

### PRODUCE

1 lemon (3 tablespoons juice)

1 bunch cilantro

5 russet potatoes

1 pound red potatoes

3 pounds onions (keep on hand)

1 head garlic

1 pound mushrooms

1 bunch celery (you'll need 2 stalks)

1 bag spinach (\*\*additional bag if using Serving Suggestions)

2 medium sweet potatoes (\*\*additional potatoes for 1 meal if using serving suggestions)

\*\*1 bunch kale (1 meal)

\*\*Baby carrots (2 meals)

\*\*Broccoli (2 meals)

\*\*Butternut squash

\*\*1-2 heads lettuce (NOT Iceberg, no nutrition)

## CANNED GOODS

4 14.5-ounce cans chicken broth

1 12-ounce can solid white tuna in water

1 small jar roasted peppers

2 15-ounce cans black beans

2 15.25-ounce cans corn

## SPICES

Thyme

Basil

Tarragon

Cumin

Garlic powder

## DAIRY/DAIRY CASE

Low-fat Cheddar cheese (you'll need about 1 cup, shredded)

Milk (2 cups)

Low-fat sour cream (you'll need 1/2 cup)

Butter (you'll need 5 tablespoons)

## FROZEN FOOD

Green Beans

## DRY GOODS

12 ounces fusilli

Flour (you'll need 2 teaspoons)

Italian bread crumbs (you'll need 4 tablespoons)

\*\*1 pound brown rice

\*\*Pasta (your choice)

## BAKERY

6 flour tortillas

\*\*Whole-grain rolls

Copyright © 2003 Leanne Ely. All rights reserved.

Send your friends to pick up their free sample menus at <http://www.savingdinner.com>