

Saving Dinner Shopping List

Winter Menus

Week 2

MENU

Day 1: Ginger Beef

Day 2: Romano Turkey Burgers

Day 3: Butternut Ravioli Stew

Day 4: Fish Nicoise

Day 5: Dijon Maple Chicken

Day 6: Crock Bean Soup with Kale

SHOPPING LIST

MEAT

6 boneless skinless chicken breast halves

1 pound beef round steak

1 ½ pounds ground turkey

6 fish fillets

CONDIMENTS

Extra-virgin olive oil

Dijon mustard (3 tablespoons)

White wine (you need ½ cup)

Peanut butter (6 tablespoons)

Tabasco sauce

Soy sauce, low sodium

Maple syrup (or pancake syrup)

**Mayo for coleslaw

PRODUCE

1 piece ginger root

1 bunch green onions

3 pounds onions

1 head garlic

1 butternut squash (about 3 lbs)

1 pint cherry tomatoes

1 bunch carrots

1 bunch kale

**Sweet potatoes (1 meal)

**Red potatoes (1 meal)

**Potatoes (for Oven Fries) (1 meal)

**Cauliflower (1 meal)

**Broccoli (1 meal)

**Spinach (1 meal)

**Baby carrots (1 meal)

**Coleslaw (1 meal)

**2-3 heads lettuce (NOT Iceberg, no nutrition)

CANNED GOODS

7 (14.50 oz.) cans chicken broth

Kalamata olives (you need ½ cup)

1 small can tomato sauce (you need ¼ cup)

SPICES

Red pepper flakes

Garlic powder

Nutmeg

Cinnamon

Ginger

DAIRY/DAIRY CASE

Butter (you need 5 tablespoons)

Romano cheese – grated (you need ¾ cup)

Neufchatel cheese (3/4 cup)

1 pint half & half (you need 1 ¼ cup)

FROZEN FOOD

1 package Asian-style vegetables

1 pound ravioli, cheese-filled

DRY GOODS

Egg noodles – yolk-free (you need 3 cups)

1 pound cannellini beans (or use white beans if unavailable)

**1 pound brown rice

BAKERY

Whole wheat hamburger buns

**Whole grain rolls (enough for 2 meals)

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