

Saving Dinner Shopping List

Winter Menus

Week 5

MENU

Day 1: Spiced Chicken Breast halves

Day 2: Upside Down Meatloaf

Day 3: Cracker Crusted Dijon Fish

Day 4: White Turkey Chili

Day 5: Winter Vegetable Chowder

Day 6: Crockpot Chicken Stew

SHOPPING LIST

MEAT

- 12 boneless, skinless chicken breast halves
- 1 1/4 pound extra lean ground beef
- 3/4 pound ground turkey
- 6 fish fillets Turkey bacon (you need 4 slices)

CONDIMENTS

- Extra-virgin olive oil
- Dijon mustard (you need 1/4 cup)
- Ketchup
- Currant jelly
- Apple cider (you need 2 cups)

PRODUCE

- 3 pounds onions
- 1 head garlic
- 3 leeks
- 1 medium butternut squash
- 1 (16 oz.) bag baby carrots (** another bag is using serving suggestions)
- 2 large russet potatoes
- **Potatoes (for mashed potatoes)
- **Sweet potatoes (however many you need for your family)
- **Winter squash (your choice)
- **Broccoli
- **1 bunch kale
- **1-2 bags spinach
- **1 head lettuce (NOT Iceberg)

CANNED GOODS

- 4 14.5 oz cans chicken broth
- 1 16-ounce can cannellini beans (or substitute white beans if unavailable)
- 1 11-oz can corn with red and green peppers
- 1 15-oz can tomatoes with garlic and onion
- 1 16-oz jar salsa (your favorite)

SPICES

- Thyme
- Nutmeg
- Cinnamon
- Cumin
- Ginger
- Rosemary

DAIRY/DAIRY CASE

- Butter (you need 2 tablespoons)
- 3 eggs buttermilk (you need 3/4 cup)
- Half & half (you need 1 cup)
- **Low-fat Cheddar cheese - shredded (1 meal)

FROZEN FOOD

- **Peas

DRY GOODS

- Brown sugar (you need 1/2 cup)
- Oats (you need 1 3/4 cup)
- Crackers (you need 3/4 cup, pressed)
- Flour (you need 1 tablespoon)
- **2 pound brown rice (enough for 3 meals)

BAKERY

- **Whole grain rolls (enough for 2 meals)

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