

# Saving Dinner Shopping List

Winter Menus

Week 6

## MENU

Day One: Honey Mustard Glazed Chicken  
Day Two: My Big Fat Greek Stuffed Peppers  
Day Three: Spiced Fish with Cilantro and Lime  
Day Four: Turkey Jambalaya  
Day Five: Cream of Broccoli Cheese Soup  
Day Six: Crockpot Tuscan Chicken and Beans

## Shopping List

### MEAT:

12 boneless skinless chicken breast halves  
1/2 pound extra lean ground beef  
6 fish fillets  
3/4 pound kielbasa  
Turkey breast cutlets (you need 4 cups)

### CONDIMENTS:

Extra-virgin olive oil  
Honey (you need 1/4 cup)  
Dijon mustard (you need 1/3 cup)

### PRODUCE:

1 bunch green onions  
3 pounds onions (keep on hand)  
2 cloves garlic  
2 large tomatoes  
1 lime  
1 lemon  
1 bunch cilantro  
1 pound mushrooms (pre-sliced, if available)  
1 bunch carrots  
1 bunch celery (you'll need 1 stalk)  
6 bell peppers  
5 pounds potatoes (enough for garlic mashed potatoes  
with 1 1/2 cups left over)  
\*\*butternut squash (1 meal)  
\*\*kale (1 meal)  
\*\*sweet potatoes (2 meals)  
\*\*spinach (2 meals)  
\*\*baby carrots (1 meal)  
\*\*cauliflower (1 meal)  
\*\*1-2 heads lettuce (NOT Iceberg)

### CANNED GOODS:

1 (14.5 oz.) can chicken broth  
1 (2.25 oz.) can black olives – sliced  
1 small jar roasted peppers  
1 small jar marinated artichoke halves  
1 (15 oz.) can diced tomatoes  
1 jar spaghetti sauce (you need 1 1/2 cups)  
1 (15 oz.) can cannellini beans (or use white beans if  
unavailable)

### SPICES:

Paprika  
Curry powder  
Oregano  
Basil  
Thyme  
Garlic powder  
Pressed red pepper  
Italian seasoning

### DAIRY/DAIRY CASE:

1 cup Feta cheese  
Milk  
1 bag low-fat cheddar cheese – shredded  
\*\*1 wedge Romano cheese

### FROZEN FOOD:

1 (10 oz.) bag chopped broccoli

### DRY GOODS:

1 pound brown rice  
12 oz. spaghetti

### BAKERY:

\*\*whole grain rolls (enough for 1 meal)

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