

# Saving Dinner Shopping List

Winter Menus

Week 8

## MENU

**Day 1: Rosemary Chicken Breast halves**  
**Day 2: Country Fried Steak**  
**Day 3: Orange Honey Mustard Fish**  
**Day 4: Turkey with Spiced Squash and Apples**  
**Day 5: Tuscan Bean and Sausage Soup**  
**Day 6: Crockpot Taco Chicken**

## SHOPPING LIST

### MEAT

6 boneless skinless chicken breast halves  
6 boneless skinless chicken thighs  
6 cube steaks  
6 fish fillets  
6 turkey breast cutlets  
3/4 pound Italian sausage links

### CONDIMENTS

Olive oil  
Vegetable oil  
Dijon honey mustard (you need 1/3 cup)  
Orange marmalade (you need 3 tablespoons)  
Maple syrup (you need 3 tablespoons)  
Red wine (you need 1/3 cup)  
\*\*Salsa (your favorite)

### PRODUCE

1-2 lemons (you need 3 tablespoons lemon juice)  
1 head garlic  
3 pounds onions  
Mushrooms (you need 2 cups, sliced)  
3 red apples  
1 acorn squash (about a pound)  
1 yellow squash  
1 bag spinach (you need 2 cups, shredded)  
\*\*1 bunch broccoli (1 meal)  
\*\*1 bag baby carrots (1 meal)  
\*\*Sweet potatoes (1 meal)  
\*\*1 bunch kale (1 meal)  
\*\*Winter squash (your choice, 1 meal)  
\*\*Brussels sprouts (1 meal)  
\*\*Broccoli (cauliflower if unavailable, 1 meal)  
\*\*2 heads lettuce (not Iceberg—two meals)

## CANNED GOODS

2 (14.5 ounce) cans beef broth  
2 (14.5 ounce) cans chicken broth apple juice (you need 1/4 cup)  
2 (15 ounce) cans white beans  
1 (14 ounce) can Italian tomatoes  
2 (14 ounce) cans tomatoes with green chilis

## SPICES

Rosemary  
Garlic powder  
White pepper  
Ginger  
Italian seasoning  
Cinnamon  
Nutmeg  
1 package taco seasoning mix

## DAIRY/DAIRY CASE

Skim milk (1 1/4 cups)  
1 dozen eggs (you'll need 1 egg white)  
1 wedge Romano cheese (you'll need 3 tablespoons)  
\*\*Shredded low-fat Cheddar cheese

## DRY GOODS

Flour (you need 1 cup)  
\*\*1 pound brown rice

## BAKERY

\*\*Whole-grain rolls (1 meal)  
\*\*Corn tortillas (1 meal)

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