

# Saving Dinner Shopping List

Fall Menus

Week 8

## MENU

**Day 1: Recipe Rave: Garlic Lime Chicken**

**Day 2: Shepherd's Skillet**

**Day 3: Fish in a Bag**

**Day 4: Layered Turkey Nachos**

**Day 5: Baked Ziti**

**Day 6: Crock Navy Bean Soup**

## SHOPPING LIST

### MEAT

6 boneless skinless chicken breast halves

1 1/4 pounds extra lean ground beef

6 fish fillets

2 cups turkey breast, boneless, skinless, cooked and shredded

1/2 pound ground turkey

### CONDIMENTS

Olive oil

Lime juice

Ketchup

White wine, OPTIONAL

### PRODUCE

3 pounds onions (keep on hand)

8 cloves garlic

Russet potatoes (2 meals; \*\*3 meals, if following Serving Suggestions)

1 large tomato

1 bunch celery (you'll need 1 stalk)

\*\*Kale (1 meal)

\*\*Winter squash (1 meal)

\*\*Broccoflower (1 meal)

\*\*Broccoli (1 meal)

\*\*Cilantro (1 meal)

\*\*Spinach (I like baby spinach) (1 meal)

\*\*Baby carrots (1 meal)

\*\*Sweet potatoes (2 meals)

\*\*2-3 heads lettuce (NOT Iceberg)

## CANNED GOODS

1 1/2 (28 oz.) cans or jars spaghetti sauce

4 (14 oz.) cans chicken broth

Beef broth (you need 1/2 cup)

1 jar salsa (your favorite)

1 (16 oz.) can refried beans

1 can diced tomatoes

## SPICES

Thyme

Cumin

Nutmeg

Rosemary

Bay leaves

Cayenne pepper

Paprika

Garlic powder

Onion powder

## DAIRY/DAIRY CASE

Butter

1 1/4 cups low-fat sour cream

2 3/4 cups low-fat Cheddar cheese, shredded

6 oz. Provolone cheese

3/4 cup low-fat cottage cheese

6 oz. Mozzarella cheese, part skim milk, shredded

## DRY GOODS

Cornstarch

Quick rolled oats (use what you have-you need 1 cup)

1 pound ziti pasta

1 pound dry navy beans

2 (10 oz.) bags baked tortilla chips

## BAKERY

\*\*Whole grain rolls (1 meal)

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