

Saving Dinner Shopping List

Spring Menus

Week 4

MENU

Day 1: Blackberry Balsamic Chicken

Day 2: Polenta Pie

Day 3: Thai Beef

Day 4: Honey Barbecued Salmon

Day 5: Creamy Ziti

Day 6: Sweet Lentil Stew

SHOPPING LIST

MEAT

6 boneless, skinless chicken breast halves
6 salmon fillets turkey bacon (you'll need 3 slices)
12 ounces lean turkey ham
1 pound flank steak

CONDIMENTS

Olive oil
Vegetable oil
Cooking spray
Balsamic vinegar (you'll need 2 tablespoons)
Barbecue sauce (you'll need 1/4 cup)
Dijon mustard (you'll need 1/4 cup)
Hot sauce or Tabasco sauce (you'll need 3/4 teaspoon)
Teriyaki sauce (you'll need 1/2 cup)
Rice vinegar (you'll need 2 tablespoons)
Honey (you'll need 1/8 cup)

PRODUCE

1 red onion
3 pounds onions (keep on hand)
2 lemons
2 red bell peppers
1 bunch parsley (you'll need 1/4 cup, chopped)
Dill (you'll need 2 tablespoons, minced)
1 piece fresh gingerroot
1 head garlic
1 large sweet potato
1 large potato
**Red rose baby potatoes (1 meal)
**Sweet potatoes (1 meal)
**Green beans (2 meals)
**Spinach (2 meals)
**Baby carrots (1 meal)
**Broccoli (1 meal)
**Baking potatoes (1 meal)
**1-2 heads lettuce (NOT Iceberg)

CANNED GOODS

Seedless blackberry preserves (you need 1/3 cup)
1 15-ounce can chili beans
1 28-ounce jar spaghetti sauce

SPICES

Dried thyme
Garlic powder
Red pepper flakes

DAIRY/DAIRY CASE

Eggs (you'll need 1 egg)
Monterey Jack cheese (you'll need 3/4 cup, shredded)
Non-fat sour cream (you'll need 1 cup)
Skim milk (you'll need 3/4 cup)

FROZEN FOOD

1 (10oz.) package of spinach

DRY GOODS

Cornmeal (you'll need 1/4 cup)
Baked tortilla chips (you'll need 1/3 cup)
1 pound ziti, penne, or other medium-size pasta
Lentils (you'll need 1 cup)
**Brown rice (1 meal)

BAKERY

**Whole-grain rolls (1 meal)

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