

# Saving Dinner Shopping List

Spring Menus

Week 5

## MENU

**Day 1: Chicken Parmesan**

**Day 2: Mexican Lasagna**

**Day 3: Beef and Spinach Pitas**

**Day 4: Chicken Broccoli Soup**

**Day 5: Halibut Piccata**

**Day 6: Greens and Beans**

## SHOPPING LIST

### MEAT

8-9 boneless, skinless chicken breast halves

1/2 pound ground turkey

1 pound extra-lean ground beef

6 pieces white fish (your choice)

### CONDIMENTS

Olive oil

Capers

Balsamic vinegar

### PRODUCE

1 lemon (you'll need 3 tablespoons)

1 head garlic

8 ounces mushrooms

1 bag spinach

1 tomato

1 bunch broccoli (\*\*extra, for 2 meals, if following  
Serving Suggestions)

1 bunch parsley greens (kale, collards, mustard greens--  
your choice; enough for 4 cups)

3 pounds onions (keep on hand)

\*\*Baby carrots (2 meals)

\*\*Baby spinach (1 meal)

\*\*Sweet potatoes (2 meals)

\*\*Russet potatoes (1 meal)

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

## CANNED GOODS

1 14.5-ounce can chicken broth

1 28-ounce jar spaghetti sauce

1 28-ounce can enchilada sauce

1 15-ounce can diced tomatoes

1 8-ounce jar salsa

1 15-ounce can black beans

2 15-ounce cans white beans

## SPICES

1 package taco seasoning mix

Thyme

## DAIRY/DAIRY CASE

1 dozen eggs

1 wedge Parmesan cheese

16 ounces low-fat cottage cheese

Shredded low-fat Cheddar cheese (4 1/2 cups total)

8 ounces low-fat sour cream

Part-skim-milk mozzarella cheese, shredded (you'll need  
3/4 cup)

1 pint half and half

## DRY GOODS

6 ounces wide egg noodles

9 ounces lasagna noodles

1 container Italian seasoned bread crumbs flour (you'll  
need 2 tablespoons)

\*\*1 pound brown rice (1 meal)

## BAKERY

6 whole-wheat pitas (1 meal)

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

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