

Saving Dinner Shopping List

Summer Menus

Week 5

MENU

Day 1: Chicken Lo Mein

Day 2: Steamed Citrus Ginger Fish

Day 3: Mexican Black Bean and Rice Salad

Day 4: Chicken with Toasted Couscous Salad

Day 5: Grilled Tuna Nicoise Salad

Day 6: Reyna's Crockpot Enchilada Casserole

SHOPPING LIST

MEAT

12 boneless, skinless chicken breast halves

6 fish fillets

4 tuna steaks (or other thick meaty fish)

1 pound extra-lean ground beef

CONDIMENTS

Sesame oil

Vegetable oil

Olive oil

Salsa

Soy sauce (I prefer low sodium)

Balsamic vinegar

Dijon mustard

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (keep on hand)

1 head cabbage

6 cups lettuce greens

1 bunch carrots mushrooms (you'll need 1 1/2 cups, sliced)

2 lemons

4 limes (you'll need 3/4 cup juice)

Cherry tomatoes (you'll need 1 cup)

1 bunch cilantro

1 bunch parsley

1 bunch green onions

1 1/2 pounds green beans

8 red potatoes

1 red onion

5 large tomatoes

1 red bell pepper

6 cups mixed lettuce greens

**Baby carrots (1 meal)

**Baby spinach (1 meal)

**Sugar tomatoes (1 meal)

**Radishes (1 meal)

**Yellow squash (1 meal)

**2-3 heads lettuce (NOT Iceberg)

CANNED GOODS

1 14.5-ounce can chicken broth

1 15-ounce can whole kernel corn

1 15-ounce can black beans

1 14.5-ounce can whole tomatoes

1 6-ounce can tomato paste

1 can black olives anchovy fillets, optional

SPICES

Ginger

Basil

Pressed red pepper

DAIRY/DAIRY CASE

3 cups low-fat Cheddar cheese, shredded

Orange juice

Eggs

DRY GOODS

Cornstarch

12 ounces angel hair pasta

Couscous (whole wheat, if available)

Brown rice (**additional brown rice for 1 meal if you follow Serving Suggestions)

BAKERY

12 corn tortillas

**Whole-grain rolls (2 meals)

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