

Saving Dinner Shopping List

Winter Menus

Week 3

MENU

Day 1: Spicy Honey Glazed Chicken

Day 2: Cube Steak Skillet Stew

Day 3: Basic Black Bean Soup

Day 4: Garlic Lime Salmon

Day 5: Spinach Pasta Casserole

Day 6: Crockpot Chicken Jambalaya

SHOPPING LIST

MEAT

12 boneless skinless chicken breast halves

6 cube steaks

6 salmon fillets

½ pound kielbasa

CONDIMENTS

Extra-virgin olive oil

Honey (you need 1/2 cup)

Worcestershire sauce

PRODUCE

1-2 limes (you need 2 tablespoons juice)

1 bunch green onions

3 pounds onions (keep on hand)

1 head garlic

1 small red bell pepper

1 small green bell pepper

1 bunch celery (you'll need 1 stalk)

1 bunch cilantro

**Broccoli (1 meal)

**Butternut squash (1 meal)

**Kale (1 meal)

**Sweet potatoes (1 meal)

**Potatoes (for mashed potatoes)(1 meal)

**Spinach (2 meals)

**Baby carrots (2 meals)

**1-2 heads lettuce (NOT Iceberg)

CANNED GOODS

3 (14.5 oz.) can chicken broth

1 (14.5 oz.) can beef broth

2 (15 oz.) cans black beans

1 (39 oz.) spaghetti sauce (your favorite)

1 (14 oz.) can tomatoes

SPICES

Red pepper flakes

Thyme

Oregano

Cumin

Cajun seasoning

Cayenne pepper

DAIRY/DAIRY CASE

Butter (you need 2 tablespoons – more if you like it in potatoes)

1 wedge Romano cheese – grated (you need 4 oz)

4 oz. mozzarella cheese, part skim milk, shredded

1 egg (keep 1 dozen on hand)

FROZEN FOOD

Orange juice concentrate (you need 2 tablespoons)

1 (10 oz.) bag peas (petite peas are best – you need 2 cups)

1 (10 oz.) chopped spinach

DRY GOODS

Flour (use what you have – you need 3 tablespoons)

10 oz. fusilli

Italian bread crumbs (you need ½ cup)

**Corn muffin mix, or ingredients to make from scratch

**2-3 pound brown rice (enough for 3 meals)

BAKERY

**Corn muffins (if you buy instead of make)

Copyright © 2003 Leanne Ely. All rights reserved.

Send your friends to pick up their free sample menus at <http://www.savingdinner.com>