

# Saving Dinner Shopping List

Winter Menus

Week 4

## MENU

**Day 1: Oven-Fried Mustard Chicken**

**Day 2: Easy Creamy Tomato Pasta**

**Day 3: Apricot Fish**

**Day 4: Layered Enchilada Casserole**

**Day 5: Turkey with Apples and Cheddar**

**Day 6: Crockpot Italian Chicken**

## SHOPPING LIST

### MEAT

12 boneless, skinless chicken breast halves

1/4 pound Italian sausage

6 fish fillets

3/4 pound extra lean ground beef

6 turkey breast cutlets

### CONDIMENTS

Dijon mustard (you need 1/2 cup)

Apricot preserves (you need 1/2 cup)

White vinegar Chili sauce (1 cup)

Italian salad dressing

### PRODUCE

3 pounds onions (keep on hand)

1 small red bell pepper

1 lime

2 apples

6 potatoes (\*\*additional potatoes for 2 more meals, if using Serving Suggestions)

1-2 bags baby carrots (\*\*you need 12; additional for 1 meal if using Serving Suggestions)

\*\*2 bags spinach (2 meals)

\*\*Sweet potatoes (2 meals)

\*\*Kale (1 meal)

\*\*Broccoli (3 meals)

\*\*Winter squash (your choice) (1 meal)

\*\*1-2 heads lettuce (NOT Iceberg)

## CANNED GOODS

1 (16 oz.) jar spaghetti sauce

1 (16 oz.) can tomato sauce

1 small can black olives – (you need 1 cup)

1 (7 oz.) can diced green chilies

## SPICES

Tarragon

Garlic powder

Italian seasoning

## DAIRY/DAIRY CASE

Parmesan cheese – grated (you need 1/2 cup)

Low-fat Cheddar cheese (you need 1 1/2 cup, shredded)

Ricotta cheese, part skim milk (you need 1 cup)

Romano cheese – grated (you need 1/2 cup)

Low-fat sour cream (you need 2 cups)

Butter (you need 2 tablespoons)

## FROZEN FOOD

Corn (you need 1 cup)

## DRY GOODS:

1 pound penne pasta

Oats (you need 1 cup)

Brown sugar (you need 1 tablespoon)

1 bag baked tortilla chips

1 canister Italian bread crumbs (you need 1 1/4 cups)

\*\*1 pound brown rice

\*\*Pasta (your choice)

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