

Saving Dinner Shopping List

Winter Menus

Week 5

MENU

Day 1: Spiced Chicken Breast halves

Day 2: Upside Down Meatloaf

Day 3: Cracker Crusted Dijon Fish

Day 4: White Turkey Chili

Day 5: Winter Vegetable Chowder

Day 6: Crockpot Chicken Stew

SHOPPING LIST

MEAT

12 boneless, skinless chicken breast halves
1 1/4 pound extra lean ground beef
3/4 pound ground turkey
6 fish fillets Turkey bacon (you need 4 slices)

CONDIMENTS

Extra-virgin olive oil
Dijon mustard (you need 1/4 cup)
Ketchup
Currant jelly
Apple cider (you need 2 cups)

PRODUCE

3 pounds onions
1 head garlic
3 leeks
1 medium butternut squash
1 (16 oz.) bag baby carrots (** another bag is using serving suggestions)
2 large russet potatoes
**Potatoes (for mashed potatoes)
**Sweet potatoes (however many you need for your family)
**Winter squash (your choice)
**Broccoli
**1 bunch kale
**1-2 bags spinach
**1 head lettuce (NOT Iceberg)

CANNED GOODS

4 14.5 oz cans chicken broth
1 16-ounce can cannellini beans (or substitute white beans if unavailable)
1 11-oz can corn with red and green peppers
1 15-oz can tomatoes with garlic and onion
1 16-oz jar salsa (your favorite)

SPICES

Thyme
Nutmeg
Cinnamon
Cumin
Ginger
Rosemary

DAIRY/DAIRY CASE

Butter (you need 2 tablespoons)
3 eggs buttermilk (you need 3/4 cup)
Half & half (you need 1 cup)
**Low-fat Cheddar cheese - shredded (1 meal)

FROZEN FOOD

**Peas

DRY GOODS

Brown sugar (you need 1/2 cup)
Oats (you need 1 3/4 cup)
Crackers (you need 3/4 cup, pressed)
Flour (you need 1 tablespoon)
**2 pound brown rice (enough for 3 meals)

BAKERY

**Whole grain rolls (enough for 2 meals)

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