

20 Budget Friendly Meals GROCERY LIST



THIS WEEK'S RECIPES:

Goat Cheese and Zucchini Crustless
Quiche With Grilled Corn Salad
Florentine Meatballs Subs
Linguine with Tuna and Mushrooms
Chicken and Swiss Chard Stir-Fry
Mini Fish and Vegetable Pies

YOU'LL ALSO NEED:

Vegetable oil
Salt and pepper
Olive oil
Butter

- 7 cups baby spinach
- 1 zucchini
- 2 russet potatoes(about 500 g)
- 2 corn cobs
- 1 carrot
- 2 cups sliced leeks
- 3 celery stalks
- 8 oz button mushrooms
- 2 large tomatoes, (1 lb/450 g total)
- 1 cup cherry tomatoes
- 4 cups snow peas
- 8 cups chopped stemmed Swiss chard, (about 1 bunch)
- 1 sweet yellow pepper
- 1 large onion
- 3 tbsp chopped fresh parsley
- 2 tbsp chopped fresh dill
- 4 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp grated fresh ginger
- 14 cloves garlic

- 5 eggs
- 1 cup whipping cream , (35%)
- 1-½ cup milk
- ½ cup crumbled soft goat cheese
- ⅓ cup grated parmesan cheese

- 225 g boneless skinless chicken breast
- 340 g extra-lean ground beef
- 300 g cod or other firm whitefish fillet

- ¾ cup sodium-reduced vegetable broth
- 4 tsp sodium-reduced soy sauce
- 2 tsp horseradish
- 2 tsp sesame oil
- 1 tsp balsamic vinegar
- 1 bottle strained tomatoes (passata)
- 2 anchovies
- 2 cans (80 g each) oil-packed tuna
- 2 tsp liquid honey
- 2 tsp Dijon mustard
- 2 tsp sesame seeds
- 2 tbsp all-purpose flour
- Pinch nutmeg
- 2 tsp dried Italian herb seasoning
- 12 oz linguine
- 170 g soba noodles

- 4 hotdog buns
- Half package frozen spinach
- ½ cup frozen peas