

Saving Dinner the Vegetarian Way Shopping List

Fall Menu — Week 2

MENU:

Day 1: MegaOGarlic Pasta

Day 2: Tofu Tostados

Day 3: Vegetable Couscous

Day 4: Easy Cheesy Cauliflower Soup

Day 5: Stuffed Spaghetti Squash

Day 6: "Sweet P" Combo

CONDIMENTS

Olive oil

Salsa, your favorite (3 cups)

PRODUCE

1 1/2 pounds firm tofu

3 pounds onions (keep on hand)

Garlic (27 cloves)

2 medium green peppers

12 mushrooms

12 medium carrots **Additional (1 meal)

2 medium red-skinned potatoes

2 parsnips

2 medium zucchini

2 medium yellow squash

1 large head of cauliflower

3 medium spaghetti squash

3 sweet potatoes

Lettuce, not Iceberg (optional garnish) **Additional (3 meals)

Avocados (optional garnish)

Fresh basil (1 cup)

1 bunch cilantro

**Spinach (1 meal)

**Salad toppings (4 meals)

**Broccoli slaw (2 meals)

**Broccoli (1 meals)

CANNED GOODS

5 (14.5-oz.) cans low-sodium vegetable broth

1 (14.5-oz.) cans diced tomatoes

1 (11.5 oz.) tomato juice

3 (15.5 oz.) cans chickpeas

2 (4 oz.) cans chopped green chilies

2 (14-oz.) cans crushed pineapple in syrup

SPICES

Tarragon

Oregano

Dill

Thyme

Cumin

Caraway seeds

Curry Powder

Red pepper flakes

DAIRY/DAIRY CASE

Butter

Sour cream (optional garnish)

Parmesan cheese (3/4 cup, grated)

Cheddar cheese (3 cups) **Additional (optional garnish)

Grated Romano cheese (1/2 cup)

DRY GOODS

Brown sugar

12 ounces linguini pasta

Long-grained white rice (1/2 cup)

Couscous (1 1/4 cups)

Lentils (3 cups)

Bread crumbs (1 cup)

Golden Raisins (1/3 cup)

BAKERY

**Whole grain rolls (2 meals)

6 corn tortillas

FREEZER

1 (16-oz.) package frozen corn kernels



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.