

Saving Dinner the Vegetarian Way Shopping List

Fall Menu — Week 3

MENU:

Day 1: Pears and Pecans Noodle Salad

Day 2: Seasoned Veggies and Tofu

Day 3: Fiesta Bean Casserole

Day 4: Lentil and Leek Risotto

Day 5: Carrot-Mushroom Casserole

Day 6: Greek Cannellini

CONDIMENTS

Olive oil

Vegetable oil

Balsamic vinegar

Salsa, your favorite (1 cup)

1 (9-oz.) jar roasted red peppers

20 Kalamata pitted olives, thinly sliced

**Salad dressing, your favorite (2 meals)

PRODUCE

2 (14-16-oz.) packages firm tofu

3 pounds onions (keep on hand)

1 small red onion

6 leeks

3 garlic heads

3 green peppers, cored, de-seeded, and chopped

2 red bell peppers, seeded, de-ribbed, cut into strips and roasted

4 stalks celery

1 pound mushrooms

1 pound carrots

12 ounces spinach leaves

2 heads cauliflower

1/2 cup fresh parsley, chopped

3 pears, unpeeled, cored and sliced

2 oranges for juice

1 lemon for juice

Avocado (1 meal)

**Broccoli (1 meal)

**Baby carrots (1 meal)

**Grape tomatoes (1 meal)

**Kale (1 meal)

**Baby greens (1 meal)

**Lettuce, not iceberg (1 meal)

**Spinach (1 meal)

**Salad toppings (3 meals)

CANNED GOODS

4 (14.5-oz.) cans low-sodium vegetable broth

3 (28-oz.) cans diced tomatoes

2 (14-oz.) cans red kidney beans

2 (15-oz.) cans cannellini beans (white beans)

1 (14-oz.) can corn

SPICES

Rosemary

Parsley

Oregano

Basil

Thyme

Red pepper flakes

Italian seasoning

DAIRY/DAIRY CASE

Eggs (2)

1/2 cup blue cheese, crumbled

5 cups shredded Cheddar cheese

Sour cream

**Butter (2 meals)

DRY GOODS

Egg noodles (1 pound)

2 cups brown rice **Additional (3 meals)

1 1/2 cups cooked lentils

2 cups bread crumbs

1/4 cup pecan pieces, toasted

FREEZER

1 (20-oz.) package frozen baby lima beans, thawed

BAKERY

12 corn tortillas

**Whole grain rolls (1 meal)

**Whole grain bread (1 meal)



SHOPPING LIST LEGEND

** = Serving Suggestions

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