

Saving Dinner the Vegetarian Way Shopping List

Spring Menu — Week 1

MENU:

Day 1: Delectable Bowties

Day 2: Broccoli Tofu Divan

Day 3: Lentil Tacos

Day 4: Spinach Salad

Day 5: Quinoa Salad

Day 6: Hot Crock Conglomerk

CONDIMENTS

Olive oil

Prepared mustard

Sherry (or use red grape juice)

Red grape juice (if not using sherry)

Salsa, your favorite (1 1/2 cups) **Additional (1 meal)

Balsamic Vinegar

Tabasco sauce

12 sun dried tomatoes, oil packed

**Salad dressing, your favorite (2 meals)

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (4 cloves)

1 (14-16-oz.) package firm tofu

Red onions (1 large, 2 small)

1 large red bell pepper

1 small green bell pepper

1 large cucumber

2 carrots

8 plum tomatoes

3-4 tomatoes (need 2 cups)

2 bunches arugula

1 bunch parsley

1 bunch fresh basil

2 lemons

1 bunch celery

1 head lettuce

1 bunch red leaf lettuce (6 leaves)

18 ounces baby spinach **Additional (1 meal)

2 oranges (for juice and rind)

**Baby greens (1 meal)

**Salad toppings (2 meals)

**Sugar snap peas (1 meal)

**Baby carrots (1 meal)

CANNED GOODS

3 (14.5-oz.) cans low sodium vegetable broth

2 (16-oz.) cans black beans

1 (16-oz.) can red kidney beans

1 (8-oz.) can low sodium tomato sauce

1 (28-oz.) can diced tomatoes

2 (11-oz.) cans mandarin oranges in water

SPICES

Chili powder

Cumin

Oregano

Basil

DAIRY/DAIRY CASE

Butter

Skim milk

Romano cheese (optional garnish)

Cheddar cheese, shredded (2 1/2 cups) **Additional (1 meal)

Parmesan cheese (2 tablespoons)

Sour cream (3 tablespoons)

**Blend of Shredded Cheddar/Jack cheese (1 meal)

DRY GOODS

Flour

Sugar

Bread crumbs (5 tablespoons)

Pine nuts (5 tablespoons)

Pecan halves (3/4 cup)

16 ounces bowtie pasta

Brown rice (1/3 cup) **Additional (1 meal)

Quinoa (1 1/2 cups)

Millet (1/4 cup)

Barley (1/4 cup)

Red lentils (1 cup)

**Hummus (or make your own) (1 meal)

BREADS/BAKERY

12 corn tortillas

**Garlic bread (1 meal)

**Tortillas (1 meal)

**Pita bread (1 meal)

**Whole grain rolls (1 meal)

FROZEN FOODS

1 (16-oz.) package broccoli spears

1 (16-oz.) package 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.

