

Saving Dinner the Vegetarian Way Shopping List

Spring Menu — Week 2

MENU:

Day 1: Dilly Pasta

Day 2: Stir Fried Rice with Tofu

Day 3: Lima Loaf

Day 4: Lemony Lentil Salad

Day 5: Bok Choy Stir Fry

Day 6: Peppery Ziti with Fennel

CONDIMENTS

Olive oil

Mayonnaise **Additional

Dijon mustard

Pitted green olives (15)

Sweet and sour stir fry sauce (1/2 cup)

Soy sauce, low sodium (if available)

**Salad dressing, your choice (3 meals)

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (8 cloves) **Additional (2 meals)

Ginger root (need 2 teaspoons)

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

2 pounds baby bok choy

1 red onion

1 bunch green onions

1 bunch broccoli **Additional (1 meal)

4 red bell peppers

3 carrots

3-4 lemons (1/3 cup juice)

1 bunch fresh basil

Snow peas (1 1/2 cups)

1 cucumber

2 fennel bulbs

**Romaine lettuce (1 meal)

**Baby greens (1 meal)

**Lettuce (not Iceberg, no nutrition) (1 meal)

**Spinach (1 meal)

**Salad toppings (3 meals)

**Baby carrots (2 meals)

**Sweet potatoes (1 meal)

**Artichokes (1 meal)

CANNED GOODS

2 (4-oz.) cans mushroom pieces

1 (14.5-oz.) can low sodium vegetable broth

1 (28-oz.) can diced tomatoes

1-2 jars roasted red peppers (need 1 1/2 cups)

SPICES

Dill weed

Garlic powder

Tarragon

Crushed red pepper

Sesame seeds

**Cinnamon

DAIRY/DAIRY CASE

Eggs (3)

Skim milk

Plain non fat yogurt (1 1/4 cups)

Parmesan cheese (2 1/4 cups)

Cheddar cheese, shredded (3 ounces)

**Butter

DRY GOODS

Sugar

Cornstarch

12 ounces penne pasta

16 ounces Ziti pasta

Brown rice (10 1/2 cups)

Non fat dry milk (1 cup)

Lentils (4 cups)

BREADS/BAKERY

Whole wheat bread (3 slices)

**Garlic bread (2 meals)

**Whole grain rolls (1 meal)

FROZEN FOODS

1 (16-oz.) package frozen peas

1 (15-oz.) bag frozen lima beans

SHOPPING LIST LEGEND

** = Serving Suggestions

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

