

Saving Dinner the Vegetarian Way Shopping List

Spring Menu — Week 3

MENU:

Day 1: Spaghetti with Rice 'n Grain Balls

Day 2: "Just Peachy" Tofu

Day 3: Minty Couscous Salad

Day 4: Grilled Cheese with Avocado and Sun Dried Tomatoes

Day 5: Beety Barley Pilaf

Day 6: Cashew Lentil Loaf

CONDIMENTS

Olive oil

French salad dressing

Peach jam

Dijon mustard

**Salad dressing, your choice (2 meals)

**Soy sauce, low sodium (if available)

**Salsa, your favorite (try Chipotle Salsa!)

PRODUCE

3 pounds onions (keep on hand) **Additional

1 head garlic (7 cloves) **Additional (1 meal)

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

3 tomatoes **Additional 3 tomatoes

1 red bell pepper

1 green chili pepper

6 carrots

1 bunch green onions

1 bunch parsley

1 bunch celery **Additional (1 meal)

9 lemons (need 1 1/4 cups juice)

Fresh mint

Fresh dill

1 bunch watercress

**Spinach leaves (2 meals)

**Salad toppings (2 meals)

**Bok choy (1 meal)

**Sugar snap peas (1 meal)

**Grape tomatoes (1 meal)

**Baby carrots (2 meals)

**1 small cucumber

**Russet potatoes (1 meal)

**Broccoli (1 meal)

**1 ripe avocado

CANNED GOODS

1 (28-oz.) jar spaghetti sauce

1 (8-oz.) can tomato sauce

1 jar sun dried tomatoes, in oil

1 (16-oz.) jar pickled beets

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

2 (15-oz.) cans garbanzo beans

SPICES

Italian seasoning

Garlic powder

Caraway seeds

DAIRY/DAIRY CASE

Butter

Eggs (3)

Parmesan cheese (1 1/2 cups)

Cheddar cheese (5 cups)

Plain nonfat yogurt (1 cup)

DRY GOODS

Sugar

Whole wheat flour

Nonfat dry milk (1/3 cup)

Golden raisins (1/2 cup)

Cashews (1 cup)

12 ounces spaghetti noodles

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

Couscous (1 1/2 cups)

Pearl Barley (2 cups)

Lentils (2 cups)

Yellow corn meal (3 ounces)

BREADS/BAKERY

12 slices whole grain bread

**Whole grain rolls (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.

