

Saving Dinner the Vegetarian Way Shopping List

Spring Menu — Week 4

MENU:

Day 1: Lemon Pepper Pasta

Day 2: Quinoa and Beans

Day 3: Tofu Spinach Lasagna

Day 4: Italian Cabbage Soup

Day 5: Hawaiian Sandwiches

Day 6: Lentil Sloppy Joes

CONDIMENTS

Olive oil

Ketchup

Prepared mustard

Balsamic vinegar

**Salad dressing (2 meals)

**Honey

**Mayonnaise (3 meals)

**Rice vinegar (2 meals)

**Italian salad dressing

**Olives

PRODUCE

3 pounds onions (keep on hand)

2 heads garlic (13 cloves)

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

3 large red bell peppers

2 large green bell peppers

1 large yellow bell pepper

1 head savoy cabbage

2 large tomatoes

1 bunch celery

1 bunch cilantro

2 lemons

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

**Baby greens (1 meal)

**Salad toppings (2 meals)

**Coleslaw mix (2 meals)

**Carrots (1 meal)

**Chopped veggies (clean out the crisper!)(1 meal)

CANNED GOODS

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

1 (32-oz.) jar spaghetti sauce

2 (14-oz.) cans black eyed peas

2 (15.5-oz.) cans cannellini beans (or use white beans)

1 (20-oz.) can pineapple tidbits

SPICES

Cumin

Cayenne pepper

Italian seasoning

Garlic powder

Oregano

Basil

Thyme

DAIRY/DAIRY CASE

Skim milk

Cheddar cheese, shredded (12 ounces)

Mozzarella cheese (3 cups)

Parmesan cheese (or Romano) (1 cup)

**Butter

**Shredded cheese, your choice

DRY GOODS

Brown sugar

16 ounces fettuccine

1 (8-oz.) package lasagna noodles

Quinoa (1 1/2 cups)

Lentils (3 cups)

**Raisins (1 meal)

**Walnuts (1 meal)

**Pasta, your choice (1 meal)

BREADS/BAKERY

6 slices whole wheat country bread (1/2" thick) (or buy a loaf and cut yourself)

12 slices whole wheat bread

6 whole grain hamburger buns

**Corn muffins (2 meals)

**Corn bread (1 meal)

**Garlic bread (1 meal)

FROZEN FOODS

1 (10-oz.) package frozen chopped spinach

SHOPPING LIST LEGEND

** = Serving Suggestions

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



