

Saving Dinner the Vegetarian Way Shopping List

Spring Menu — Week 6

MENU:

Day 1: Macaroni Salad

Day 2: Broccoli Tofu Patties

Day 3: Mock Tuna Salad

Day 4: Confetti Salad

Day 5: Oat Burgers Parmigiana

Day 6: Tortilla Soup

CONDIMENTS

Olive oil

Vegetable oil **Additional (1 meal)

Balsamic vinegar

Dijon Mustard

Mayonnaise **Additional (2 meals)

Sweet pickle relish

**Honey

**Salad dressing (2 meals)

**Rice vinegar (1 meal)

**BBQ sauce, your favorite (1 meal)

**Burger condiments (mayonnaise, mustard, ketchup, relish, etc.)

PRODUCE

3 pounds onions (keep on hand) **Additional (1 meal)

1 head garlic (4 cloves)

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

1 red onion

2 bunch green onions

1 bunch cilantro

1 bunch broccoli **Additional (1 meal)

1 bunch cauliflower

1 dried green chili

1 red bell pepper

5 carrots **Additional (1 meal)

1 bunch celery

Green leaf lettuce (6 cups)

2 avocados

1 lime

**Tomatoes (1 meal)

**Grape tomatoes (1 meal)

**Spinach (2 meals)

**Coleslaw mix (1 meal)

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

**Salad toppings (3 meals)

**Baby carrots (2 meals)

**Burger toppings (onion, lettuce, sliced tomatoes, etc.)

CANNED GOODS

1 (28-oz.) jar spaghetti sauce, your favorite

2 (16-oz.) cans great northern beans

1 (16-oz.) can pinto beans

1 (28-oz.) can diced tomatoes

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

1 (4.5-oz.) can green chili peppers

SPICES

Oregano

Rosemary

Red pepper flakes

Garlic powder **Additional (1 meal)

Italian seasoning

Cumin

Chili powder

DAIRY/DAIRY CASE

Eggs (5)

Cheddar cheese (1 1/2 cups) **Additional (2 meals)

Mozzarella cheese (6 ounces)

Sour cream (1 cup)

Parmesan cheese (optional garnish) **Additional (1 meal)

**Butter

**Shredded cheese, your choice (Cheddar/Jack blend recommended) (1 meal)

DRY GOODS

Sugar

Baking powder

All purpose flour

Whole wheat flour

Wheat germ

Rolled oats (2 cups)

16 ounces elbow macaroni noodles

**Raisins (1 meal)

**Walnuts (1 meal)

**Fettuccine noodles (1 meal)

BREADS/BAKERY

6 Whole wheat bagels

3 corn tortillas

**Whole wheat tortillas (1 meal)

**Whole grain bread (1 meal)

**Corn muffins (1 meal)

FROZEN FOODS

1 (16-oz.) package whole kernel corn

1 (10-oz.) package frozen green 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.