

# Saving Dinner the Vegetarian Way Shopping List

Summer Menu — Week 1

## MENU:

**Day 1: Chinese Tofu and Eggplant Stir Fry**

**Day 2: Kaleidoscope Rotini**

**Day 3: Minty Lentils**

**Day 4: Sunny Summer Salad**

**Day 5: Grilled Portobello Mushrooms**

**Day 6: Tempeh-Stuffed Peppers**

## PRODUCE

- 3 pounds onions (keep on hand)
- 2 heads garlic (11 cloves)
- 1 (14-16-oz.) package firm tofu
- 1 (6-oz.) package Tempeh (near the tofu in produce section)
- 1 large red onion
- 2 large eggplants
- 2-3 bunches green onions (17 stems)
- 1 bunch cilantro
- 1 bunch parsley
- Fresh thyme
- Fresh basil
- Mint leaves
- Carrot (1 large)
- 6 large portobello mushrooms
- 4 large tomatoes
- 10 Roma tomatoes
- 7 large green bell peppers
- 2 lemons (4 tablespoons juice)
- 4 tangerines
- \*\*Lettuce (not Iceberg, no nutrition) (2 meals)
- \*\*Spinach (1 meal)
- \*\*Salad toppings (3 meals)
- \*\*Baby carrots (2 meals)
- \*\*Grape tomatoes (1 meal)
- \*\*Celery (1 meal)
- \*\*Broccoli florets (1 meal)
- \*\*Cauliflower florets (1 meal)
- \*\*Coleslaw mix (1 meal)
- \*\*Summer squash (1 meal)
- \*\*Zucchini (1 meal)

## CANNED GOODS

- 2 (15-oz.) cans chickpeas (also called Garbanzo beans)
- 3 (14.5-oz.) cans crushed tomatoes

## SPICES

- Ground ginger
- Cayenne pepper

## CONDIMENTS

- Olive oil
- Vegetable oil
- Soy sauce, low sodium (if available)
- Saki (optional, or use white wine or white grape juice)
- White wine (optional, or use instead of Saki or white grape juice)
- White grape juice (optional, or use instead of Saki or white wine)
- Vinegar (if using white grape juice)
- Apple cider vinegar
- Kalamata olives (1/2 cup)
- Balsamic vinegar
- Red wine vinegar
- Dijon mustard
- \*\*Mayonnaise
- \*\*Horseradish
- \*\*Salad dressing, your choice (3 meals)
- \*\*Burger condiments (ketchup, mayo, mustard, relish, etc.) (1 meal)
- \*\*Rice vinegar

## DAIRY/DAIRY CASE

- Butter
- Feta cheese (1 cup)
- Cheddar cheese, shredded (2 1/2 cups)
- \*\*Sour cream

## DRY GOODS

- Cornstarch
- Brown sugar
- Walnut pieces (1/3 cup)
- Green lentils (2 1/2 cups)
- Brown rice (10 1/4 cups)
- 12 ounces Rotini pasta
- 1 1/4 cups Farfalle or Bowtie pasta

## BREADS/BAKERY

- \*\*Garlic bread (1 meal)
- \*\*Whole wheat hamburger buns (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.

