

Saving Dinner the Vegetarian Way Shopping List

Summer Menu — Week 4

MENU:

Day 1: Couscous with Verdant Veggies

Day 2: Marinated Tofu with Veggies

Day 3: Beanburgers

Day 4: Taco Salad

Day 5: Orzo-Corn-Filled Tomatoes

Day 6: Mushroom Lasagna

CONDIMENTS

Vegetable Oil

Olive oil

Vinegar (if using white grape juice)

Dry white wine (if not using white grape juice)

White grape juice (if not using white wine)

Ketchup

Salsa, your favorite (1 3/4 cups)

Apple juice

**Salad dressing, your favorite (3 meals)

**Poppy seed dressing (or make homemade) (1 meal)

**Burger toppings (mustard, ketchup, mayo, relish, etc.) (1 meal)

DELI

**Potato salad (or make homemade; see page 255) (1 meal)

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (6 cloves)

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

4 Lemons

Arugula leaves (2 cups)

1 medium cucumber

2 (8-oz.) cartons mushrooms

Fresh mint

Fresh thyme

Fresh basil

1 bunch parsley

1 bunch green onions

1 bunch asparagus

4 ounces snow peas

1 head green lettuce **Additional (1 meal)

8 tomatoes (2 medium, 6 large) **Additional (1 meal)

1 bunch celery

**Strawberries (2 meals)

**Raspberries (1 meal)

**Blueberries (1 meal)

**Peaches (1 meal)

**Spinach (2 meals)

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

**Salad toppings (3 meals)

**Red onion

**Baby carrots (1 meal)

**Russet Potatoes (1 meal)

CANNED GOODS

2 (14.5-oz.) cans low sodium vegetable broth

4 (15-oz.) cans red kidney beans

1 (15-oz.) can Mexican style corn

3 (8-oz.) cans tomato sauce

SPICES

1 (1.25-oz.) package Taco seasoning mix

Garlic powder

Oregano

Thyme

Sage

DAIRY/DAIRY CASE

Eggs (1)

Monterey Jack cheese (1 cup)

Cottage cheese (2 cups)

Cheddar cheese, shredded (2 cups)

Parmesan cheese (1/2 cup)

Mozzarella cheese (2 cups)

**Vanilla yogurt (1 meal)

**Cheese slices, your choice (1 meal)

**Blend of shredded Cheddar/Jack cheese (1 cup)

DRY GOODS

Cornstarch

Lasagna noodles (12)

Orzo (4 ounces)

Couscous (1 1/2 cups)

Seasoned bread crumbs (1/2 cup)

1 (12-oz.) bag TVP crumbles

Pine nuts (3 tablespoons)

Tortilla chips (9 ounces)

BREADS/BAKERY

**Garlic bread (1 meal)

**Whole wheat tortillas

FROZEN FOODS

1 (16-oz.) package frozen corn kernels



SHOPPING LIST LEGEND

** = Serving Suggestions

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