

Saving Dinner the Vegetarian Way Shopping List

Summer Menu — Week 5

MENU:

Day 1: Greek Tortellini

Day 2: Veggie and Noodle Stir-Fry with Tofu

Day 3: Wilted Spinach and White Beans

Day 4: Crunchy Lentil Salad

Day 5: Sloppy Joes

Day 6: Crock Italian Mushrooms

CONDIMENTS

Olive oil

Vegetable oil

White vinegar

Balsamic vinegar

Soy sauce, low sodium (if available)

Chili sauce (1/2 cup)

Prepared mustard

1 (2.25-oz.) can of black olives

**Salad dressing, your choice (2 meals)

**Hummus (or make homemade)

**Mayonnaise

**Rice vinegar

PRODUCE

3 pounds onions (keep on hand)

3 heads garlic (18 cloves)

Ginger root (1 piece)

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

2 (8-oz.) containers Oster or Button mushrooms

1 bunch celery

Carrots (2)

1 red onion

2 pounds tomatoes

12 ounces snow peas

2 large yellow summer squash

5 large green bell peppers

Baby spinach (12 cups)

1 bunch parsley

Fresh basil

2 lemons (need 3 tablespoons juice)

**Lettuce (not Iceberg, no nutrition) (2 meals)

**Salad toppings (2 meals)

**Coleslaw mix (1 meal)

**Broccoli florets (1 meal)

**Broccoli (1 meal)

**Cauliflower florets (1 meal)

**Grape tomatoes (1 meal)

**Baby carrots (1 meal)

CANNED GOODS

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

2 (16-oz.) cans white kidney beans

1 (8-oz.) can tomato sauce

3 (14.5-oz.) cans diced tomatoes

SPICES

Marjoram

Bay leaves

Ground cumin

Garlic salt

Oregano

DAIRY/DAIRY CASE

2 (9-oz.) packages refrigerated cheese-filled tortellini

Feta cheese (with sun dried tomatoes, if you can find it)
(1/2 cup)

**Shredded cheese, your choice (cheddar/jack blend
recommended) (1 meal)

DRY GOODS

Cornstarch

Brown sugar

12 ounces Fettuccini noodles

Lentils (1 1/2 cups)

TVP Crumbles (3 cups)

Brown rice (6 cups) **Additional (1 meal)

BREADS/BAKERY

**6 Hamburger buns (or 12 slices of toast)

**Pita bread (2 meals)



SHOPPING LIST LEGEND

** = Serving Suggestions

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