

Saving Dinner the Vegetarian Way Shopping List

Summer Menu — Week 6

MENU:

Day 1: Mediterranean Orzo Salad

Day 2: Grilled Vegetable Salad

Day 3: Black Eyed Peas 'n Peaches Salad

Day 4: Crusty Veggie Sandwiches

Day 5: Tempeh and Green Bean Stir-Fry

Day 6: Wild Rice Medley

CONDIMENTS

Olive oil

Vegetable oil

Balsamic vinegar

Mayonnaise **Additional (1 meal)

Italian salad dressing **Additional

Honey Mustard

Fruit Chutney (try the spicy mango!) (often found near relishes)

Kalamata Olives (15)

**Honey (1 meal)

**Rice vinegar (1 meal)

**Salad dressing, your favorite (1 meal)

PRODUCE

3 pounds onions (keep on hand)

2 heads garlic (11 cloves) **Additional

2 small red onions **Additional (1 meal)

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

2 (8-oz.) packages Tempeh (near the Tofu in the produce area)

12 ounces mushrooms

24 ounces green beans

2 medium zucchini

6 yellow squash

1 large cucumber

3 avocados **Additional (1 meal)

1-2 bunches green onion (9 stems)

1 bunch celery

3 tomatoes (2 medium, 1 large) **Additional (1 meal)

5 green bell peppers

Fresh dill

Spinach leaves

2 heads Romaine lettuce

2 large peaches

1-2 lemons (need 2 tablespoons juice)

**Fresh basil (1 meal)

**1 bunch cilantro (1 meal)

**Coleslaw mix (1 meal)

**Red grapes (1 meal)

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

**Salad toppings (1 meal)

**Corn on the cob (1 meal)

**Sautéed sugar snap peas (1 meal)

**Grape tomatoes (1 meal)

CANNED GOODS

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

2 (14.5-oz.) cans stewed tomatoes

SPICES

Oregano

Cumin

Crushed red pepper

DAIRY/DAIRY CASE

Butter

Feta cheese (6 ounces)

Parmesan cheese (1/2 cup)

**Mozzarella cheese, sliced (1 meal)

**Shredded cheese, your choice (for quesadillas) (1 meal)

DRY GOODS

Quick-cooking Barley (1/2 cup)

Dried black eyed peas (1 cup)

Dried apricot halves (1/2 cup)

Quinoa (1/2 cup)

Orzo (2 1/2 cups)

Brown rice (6 3/4 cups)

Wild rice (3/4 cup)

BREADS/BAKERY

12 slices whole wheat bread

**Whole wheat tortillas (1 meal)

**Corn muffins (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.