

# Saving Dinner the Vegetarian Way Shopping List

Winter Menu — Week 2

## MENU:

**Day 1: Italian Pasta and Bean Bake**

**Day 2: Cheesy Faux Souffle**

**Day 3: Gingered Stir Fry**

**Day 4: Lentil Soup**

**Day 5: Asian Salad**

**Day 6: Tempeh Stuffed Peppers**

## CONDIMENTS

Olive oil

Vegetable oil

White wine (1/3 cup) (if not using white grape juice)

White grape juice (1/3 cup) (if not using white wine)

Soy sauce (low sodium, if available)

Red wine vinegar

Balsamic vinegar

Vinegar (if not using white wine)

\*\*Salad dressing, your choice (4 meals)

## PRODUCE

Onions (3 pound bag, keep on hand)

Garlic (2 cloves)

Ginger root (4 tablespoons)

1 bunch parsley

2 bunches green onions

1 bunch celery

1 bag carrots

Snow peas (3 cups)

1 pound green beans

1 head cauliflower

1 head broccoli

1 (8-10-oz.) bag shredded red cabbage

3-5 large limes (need 1/2 cup juice)

Tempeh (6 ounces)

6 large green bell peppers

\*\*Lettuce (not iceberg, no nutrition) (2 meals)

\*\*Spinach (2 meals)

\*\*Salad toppings, your choice (4 meals)

\*\*Sweet potatoes (1 meal)

\*\*Kale (1 meal)

## CANNED GOODS

5 (14.5-oz.) cans diced tomatoes

1 (26-oz.) can/jar pasta sauce, your favorite

2 (16-oz.) cans kidney beans

4 (14.5-oz.) cans vegetable broth

## SPICES

Italian seasoning

Arrowroot

Thyme

Garlic powder

Basil

\*\*Cinnamon

## DAIRY/DAIRY CASE

Butter

Eggs (4)

Cheddar cheese, shredded (2 1/2 cups)

Mozzarella cheese (8 ounces)

Ricotta cheese (2 cups)

\*\*Sour cream, garnish (1 meal)

## DRY GOODS

Flour

Brown sugar

Sugar

Brown rice (2 1/4 cups) \*\*Additional (1 meal)

Pine nuts (1/2 cup)

Lentils (3 cups)

Penne pasta (16 ounces)

Bread crumbs (3/4 cup)

Ramen Noodles (3 packages)

## BREADS/BAKERY

1 loaf French bread

\*\*Corn muffins (1 meal)

\*\*Whole grain rolls (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.