

# Saving Dinner the Vegetarian Way Shopping List

Winter Menu — Week 3

## MENU:

**Day 1: Tri Cheesy Stuffed Shells**

**Day 2: Soft Tofacos**

**Day 3: Caribbean Black Bean Soup**

**Day 4: Cauliflower and Pasta Bake**

**Day 5: Lentil Nut Loaf**

**Day 6: Hearty Beans**

## CONDIMENTS

Olive oil

Vegetable oil

Salsa (garnish)

Vegetarian Worcestershire sauce

Ketchup

\*\*Salad dressing, your favorite (2 meals)

\*\*Honey

\*\*Mayonnaise

## PRODUCE

3 pounds onions (keep on hand)

Red onion (3 large)

2 heads garlic (12 cloves) \*\*Additional (1 meal)

2 (14-16-oz.) packages extra firm Tofu

1 lemon

2 medium tomatoes

1 head lettuce (need 2 cups shredded)

Carrot (1 medium) \*\*Additional (1 meal)

Green bell pepper (1 medium)

Fresh basil (1/2 cup)

Mushrooms (1 cup)

Russet potato (1 large)

1 bunch cilantro

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

\*\*Baby greens (1 meal)

\*\*Salad toppings (3 meals)

\*\*Baby carrots (1 meal)

\*\*Kale (1 meal)

\*\*Hubbard squash (1 meal)

\*\*Acorn squash (1 meal)

\*\*Swiss Chard (1 meal)

## CANNED GOODS

2 (14-oz.) cans refried beans

2 (15-oz.) cans black beans

2 (14.5-oz.) cans white kidney beans

3 (14.5-oz.) cans vegetable broth

1 (14.5-oz.) can diced tomatoes

1 (28-oz.) can whole tomatoes

1 (4-oz.) can green chilies

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

## SPICES

Dried parsley

Cumin

Cayenne pepper

Marjoram

Rosemary

## DAIRY/DAIRY CASE

Butter \*\*Additional

Milk (4 cups)

Eggs (3)

1 (15-oz.) container low fat cottage cheese

Mozzarella cheese, shredded (2 cups)

Parmesan cheese (2 1/3 cups)

Low fat cheddar cheese, shredded (2 cups)

1 (8-oz.) container low fat sour cream

## DRY GOODS

Flour

Brown sugar

Bread crumbs (1 cup)

18 jumbo pasta shells

1 pound Penne pasta

2 (1.25-oz.) packages taco seasoning mix

Lentils (2 1/2 cups)

1 cup nuts (pecans, walnuts, or your favorite)

\*\*Brown rice (1 meal)

\*\*Raisins (1 meal)

\*\*Chopped walnuts (1 meal)

## BREADS/BAKERY

Whole wheat tortillas (12)

Whole wheat bread (5 slices)

\*\*Garlic bread (1 meal)

\*\*Corn muffins (2 meals)

## FROZEN FOODS

1 (10-oz.) package chopped broccoli

2 (16-oz.) packages cauliflower florets

## SHOPPING LIST LEGEND

\*\* = Serving Suggestions

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

