

# Saving Dinner the Vegetarian Way Shopping List

Winter Menu — Week 4

## MENU:

**Day 1: Winter Vegetable Lasagna**

**Day 2: Easy Tofu and Vegetables**

**Day 3: Warm Bean Salad**

**Day 4: Cream of Peanut Soup**

**Day 5: Hoppin' John**

**Day 6: Sweet and Sour Cabbage**

## CONDIMENTS

Olive oil

Balsamic vinegar

Soy sauce (low sodium, if available)

Chili puree with garlic (often found in the Asian section)

Honey

Peanut butter, creamy (1 1/4 cups)

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

\*\*Mayonnaise

\*\*Toasted sesame oil

\*\*Vinaigrette dressing (I like Paul Newman's Balsamic Vinaigrette)

\*\*Rice vinegar

## PRODUCE

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

3 pounds onions (keep on hand)

1 head garlic (4 cloves)

Ginger root (1 tablespoon)

1 bunch parsley

1 bunch cilantro \*\*Additional (1 meal)

1 bunch Bok choy (need 6 cups chopped)

Butternut squash (need 1 pound)

Carrots (2 medium)

1 bunch celery

Mushrooms (18 whole mushrooms, to slice plus 3 ounces; or buy an 8 ounce container of presliced mushrooms for all)

2 bunches green onions

Green beans (5 ounces)

Spinach (6 cups) \*\*Additional (1 meal)

Green cabbage (1 head)

1 large red bell pepper

Apples, tart (need 4)

2-3 lemons (need 1/4 cup juice)

\*\*Salad toppings (2 meals)

\*\*Baby greens (1 meal)

\*\*Collard greens (1 meal)

\*\*Baby carrots (1 meal)

\*\*Sweet potatoes (1 meal)

\*\*1 bag coleslaw mix (1 meal)

\*\*Salad veggies (clean out your crisper!)(1 meal)

## CANNED GOODS

4 (14.5-oz.) cans vegetable broth

2 (16-oz.) cans mixed beans (combination of Pinto, Kidney, and Great Northern beans)

1 (16-oz.) can diced tomatoes

2 (16-oz.) cans black eyes peas

Apple juice (1/4 cup)

## SPICES

Thyme

Basil

Celery seed

Allspice

## DAIRY/DAIRY CASE

Butter

Low fat milk

Part skim mozzarella cheese (2 cups)

Parmesan cheese (1/4 cup)

Half and Half (1 cup)

\*\*Blue cheese crumbles (1 meal)

## DRY GOODS

Flour

Cornstarch

Brown sugar

Peanut butter, creamy (1 1/4 cups)

Pine nuts (1/4 cup)

Peanuts (14)

1 pound lasagna noodles

Golden raisins (1/2 cup)

Brown rice (3 cups) \*\*Additional (2 meals)

\*\*Barley (1 meal)

\*\*Whole wheat couscous (1 meal)

\*\*Dry roasted peanuts (1 meal)

\*\*Pasta (fusilli works great) (1 meal)

## BREADS/BAKERY

\*\*Whole grain bread (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.