

Saving Dinner the Vegetarian Way Shopping List

Winter Menu — Week 5

MENU:

Day 1: Tortellini with Mushroom Sauce

Day 2: Tempeh Chili

Day 3: Black Bean and Cheese Melts

Day 4: Minestrone Soup

Day 5: Broccoli Stir Fry

Day 6: Glazed Root Vegetable Medley

CONDIMENTS

Olive oil

Vegetable oil

1 jar Salsa (your choice)

Honey

**Salad dressing, your choice (2 meals)

**Rice vinegar

**Mayonnaise

**Caesar salad dressing

**Toasted sesame oil

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (7 cloves)

12 ounces tempeh (found by the tofu in the produce area)

18 ounces mushrooms

1 bunch celery

1 bunch parsley

Carrots (need 8)

1 large zucchini

1 head cabbage (only need 1/2 if your store sells halves)

1 medium spaghetti squash

1 bunch broccoli

2 medium parsnips

1 large turnip

**Spinach (1 meal)

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

**Salad toppings (2 meals)

**1 bunch green onions

**Coleslaw mix (2 meals)

**Baby carrots (1 meal)

**Romaine lettuce (1 meal)

**1 bunch cilantro

CANNED GOODS

1 (28-oz.) can tomato sauce

2 (15-oz.) cans black beans

1 (15.5-oz.) can kidney beans

2 (4.5-oz.) cans mild green chilies

1 (14.5-oz.) can diced tomatoes

2 (14.5-oz.) cans vegetable broth

SPICES

Tarragon

Oregano

Chili powder (need 4 1/2 tablespoons)

Cumin

Basil

Cayenne pepper

Sage

Rosemary

Thyme

Sesame Seeds

DAIRY/DAIRY CASE

Butter **Additional

2 (9-oz.) packages cheese filled tortellini

12 ounces heavy cream

Parmesan cheese **Additional (1 meal)

Monterey Jack cheese (3 cups shredded)

**Cheddar cheese, shredded (1 meal)

DRY GOODS

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

1 1/2 cups elbow macaroni

**Croutons

**Dry roasted peanuts

**Barley (1 meal)

BREADS/BAKERY

Italian Rolls (6)

**Garlic bread (1 meal)

**Corn muffins (2 meals)

**Whole grain rolls (1 meal)

FROZEN FOODS

1 (10-oz.) package green beans

OTHER

Aluminum foil



SHOPPING LIST LEGEND

** = Serving Suggestions

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