

Saving Dinner the Vegetarian Way Shopping List

Winter Menu — Week 6

MENU:

Day 1: Vegetable Linguine with Honey Peanut Sauce

Day 2: Honeyed Tofu Cutlets

Day 3: Mexican Red Beans and Rice

Day 4: Beware of Greeks Bearing Pizza

Day 5: Braised Butternut Squash and Hominy

Day 6: Midwestern Soup

CONDIMENTS

Olive oil

Vegetable oil

Honey

Soy sauce, low sodium (if available)

Balsamic vinegar

Salsa, your favorite (1 1/2 cups)

Vegetarian Worcestershire sauce

**Salad dressing, your choice (3 meals)

**Vinaigrette

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (5 cloves)

1 head broccoli **Additional (1 meal)

Snow peas (4 cups)

12 ounces mushrooms

1 bag carrots

1 bunch green onions

4 large green bell peppers

1 large butternut squash

1 bunch parsley **Additional (garnish)

1 bunch cilantro

3-4 large russet potatoes

3 pounds extra firm Tofu

2-3 tomatoes

**Cucumber

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

**Baby greens (1 meal)

**Romaine lettuce (1 meal)

**Salad toppings (3 meals)

CANNED GOODS

3 (15-oz.) cans red kidney beans

1 (9-oz.) can kalamata olives

1 (15-oz.) can hominy

1 (6-oz.) can tomato paste

1 (14.5-oz.) can diced tomatoes

3 (14.5-oz.) cans low sodium vegetable broth

SPICES

Crushed red pepper

Chili powder

Oregano

Paprika

Cumin

Garlic powder

Cayenne pepper

Marjoram

DAIRY/DAIRY CASE

Butter **Additional

Low fat sour cream (optional)

Low fat cheddar cheese (optional)

Feta cheese (9 ounces)

DRY GOODS

1/2 cup peanuts

1 (15-oz.) package Linguine

Brown Rice (2 1/4 cups)

All purpose flour

**Egg noodles (1 meal)

BREADS/BAKERY

6-inch pita bread rounds (need 6)

**Corn muffins (1 meal)

FROZEN FOODS

1 (16-oz.) package frozen corn kernels



SHOPPING LIST LEGEND

** = Serving Suggestions

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