Saving Dinner the Vegetarian Way Shopping List
Fall Menu — Week 1

MENU:
Day 1: Bean Combo Pasta
Day 2: Chunky Tomato Soup
Day 3: Cajun Bean Confetti
Day 4: Broccoli Saute
Day 5: Stuffed Peppers with Couscous
Day 6: Crock Cauliflower White Chili

CONDIMENTS:
Olive Oil
Vegetable Oil
Balsamic Vinegar
Hot Pepper Sauce (optional)
**Salad dressing, your choice (3 meals)
**Rice vinegar (2 meals)
**Mayonnaise (2 meals)
**Honey (1 meal)

PRODUCE:
Soft silken tofu (3/4 cup)
3 pounds of onions (keep on hand)
1 bunch green onions
3 heads garlic
9 large green peppers
1 large red pepper
10 medium tomatoes
Cauliflower (enough for 3 cups)
2 bunches of broccoli **Additional (1 meal)
1 medium zucchini
1 bunch cilantro
**Lettuce, not iceberg (2 meals)
**Spinach (1 meal)
**Coleslaw mix (1 meal)
**Salad toppings (3 meals)
**Carrots (1 meal)
**Sweet potatoes (1 meal)

CANNED GOODS:
Vegetable broth (need 76 ounces or 9 1/2 cups)
3 (14.5-ounce) cans diced tomatoes
1 (28-ounce) can crushed tomatoes
3 (8.5-ounce) cans lima beans (if not using frozen)
1 (16-ounce) can of chickpeas (garbanzo beans)
2 (14.5-ounce) cans red kidney beans
1 (14-ounce) can white kidney beans
3 (8-ounce) cans green beans
1 (4.5-ounce) can chopped green chilies

SPICES:
Oregano
Marjoram
Basil
Thyme
Cumin
Chili Powder
Cajun Seasoning
Caraway Seeds
**Garlic powder

DAIRY:
Monterey Jack cheese (need 1 1/2 cups, shredded)
Pepper Jack cheese (need 2 cups shredded)
Cheddar cheese (need 3/4 cup, shredded)
Feta cheese (need 2 cups, crumbled)
Cream cheese (4-ounces)
**Butter (2 meals)

DRY GOODS:
Sugar
Penne pasta (need 2 1/4 cups)
Brown rice (need 3 cups)
1 (9-ounce) package couscous
**Raisins (1 meal)
**Walnuts (1 meal)

BREADS/BAKERY:
**Garlic bread (1 meal)
**Corn muffins (3 meals)

FREEZER:
1 (16-oz.) package corn kernels
2 (16-oz.) packages frozen lima beans (if not using canned)

SHOPPING LIST LEGEND

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