

# Saving Dinner the Vegetarian Way Shopping List

Fall Menu — Week 4

## MENU:

Day 1: Peppery Fusilli

Day 2: Delectable Chili

Day 3: Tofu Manicotti

Day 4: Scalloped Kale and Potatoes

Day 5: Barley Mushroom Casserole

Day 6: Cheesy Corn Loaf

## CONDIMENTS

Olive oil

Bragg Liquid Aminos (look in the health food section) or  
use low sodium soy sauce

\*\*Salad dressing, your favorite (3 meals)

\*\*Rice vinegar (2 meals)

\*\*Mayonnaise (2 meals)

\*\*Honey (1 meal)

## PRODUCE

15 ounces tofu

3 pounds onions (keep on hand)

1 bunch green onions

3 leeks

3 garlic heads

2 large green bell peppers

2 red bell peppers (1 large, 1 small)

13 mushrooms

2 pounds kale

10 russet potatoes

1 bunch basil

1 bunch parsley

\*\*Lettuce, not iceberg (1 meal)

\*\*Romaine lettuce (1 meal)

\*\*Spinach (1 meal)

\*\*Salad toppings (1 meal)

\*\*Coleslaw mix (1 meal)

\*\*Broccoli slaw mix (1 meal)

\*\*Baby carrots (1 meal)

\*\*Sweet potatoes (1 meal)

\*\*Sugar snap peas (1 meal)

## CANNED GOODS

4 (14.5-oz.) cans low sodium vegetable broth

2 (14-oz.) cans red kidney beans

1 (14-oz.) cans chickpeas

4 cups tomato juice

## SPICES

Marjoram

Thyme

Sage

Bay leaf

Cumin

Garlic powder

Chili powder

Red pepper flakes

\*\*Cinnamon

## DAIRY/DAIRY CASE

Butter

Eggs (4)

Egg whites (2)

Milk

Grated Parmesan cheese (2/3 cup)

Shredded Cheddar cheese (1/4 cup)

Shredded Monterey Jack cheese (3 cups)

Ricotta cheese (8 ounces)

## DRY GOODS

7 tablespoons flour

1 1/2 pounds Fusilli pasta

12 manicotti shells

1 cup medium pearl barley

1/2 ounce dried mushrooms

## FREEZER

2 cups frozen corn kernels

## BAKERY

\*\*Garlic bread (2 meals)

\*\*Cornbread (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.