

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.