

Saving Dinner the Vegetarian Way Shopping List

Fall Menu — Week 5

MENU:

Day 1: Vegetable Pasta Bake

Day 2: Tofu Surprise

Day 3: Late-Autumn Medley

Day 4: Eggplant Bake

Day 5: Leek and Potato Crustless Quiche

Day 6: Cheesy Rice Casserole

CONDIMENTS

Olive oil

Vinegar (if using white grape juice)

White wine (or can substitute white grape juice with vinegar)

White grape juice (if not using white wine)

Low sodium Soy sauce

1 (4-oz.) jar pimentos

1 (6.5-oz.) sun dried tomatoes (in oil)

**Salad dressing, your favorite (3 meals)

**Vinaigrette dressing (1 meal)

**Rice vinegar (1 meal)

**Mayonnaise (1 meal)

PRODUCE

2 (14-16-oz.) packages firm tofu

3 pounds onions (keep on hand)

3 medium leeks

2 heads garlic

1 bunch celery

3 (10-oz.) packaged mushrooms

Yellow squash (1 large)

Acorn squash (1 large)

Zucchini (1 small)

Russet potatoes (2 large)

Sweet potato (1 large)

Eggplants (2 large)

6 carrots

1 (10-oz) package water cress (or use spinach)

8 ounces spinach (additional 10 ounces if not using watercress) **Additional (1 meal)

Ginger root

Fresh basil

Fresh cilantro

2 lemons for juice

2-3 limes for juice

**Baby greens (1 meal)

**Lettuce, not iceberg (2 meals)

**Salad toppings (3 meals)

**Broccoli slaw mix (1 meals)

**Baby carrots (1 meal)

**Tomatoes (1 meal)

CANNED GOODS

2 (14.5-oz.) vegetable broth

2 (28-oz.) cans diced tomatoes

1 (14.5-oz.) can diced tomatoes

1 (15-oz.) can black beans

1 (27.5 oz.) jar pasta sauce, your favorite

SPICES

Marjoram

Cumin

Red pepper flakes

DAIRY/DAIRY CASE

Eggs (2)

Egg whites (1)

Skim milk

Mozzarella cheese (8 ounces)

Parmesan cheese

Shredded Cheddar cheese (need 2 cups)

Small-curd cottage cheese (2 cups)

**Feta cheese crumbles (1 meal)

**Butter

**Blend of shredded Cheddar/Jack cheese (1 meal)

DRY GOODS

Mostaccioli pasta (need 3 cups)

Long grain brown rice (5 cups)

Unsalted peanuts, dry roasted (1/2 cup)

Currants (1/2 cup)

FREEZER

1 (20-oz.) package frozen corn kernels

BAKERY

**Whole wheat tortillas (1 meal)

**Whole grain rolls (3 meals)



SHOPPING LIST LEGEND

** = Serving Suggestions

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