

Saving Dinner the Vegetarian Way Shopping List

Spring Menu — Week 5

MENU:

Day 1: Penne in Cream Sauce

Day 2: Italian Tofu Squares

Day 3: Tangy Chickpea Salad

Day 4: Magnificent Mushroom Cheeseburgers

Day 5: Orzo with Spinach and Pine Nuts

Day 6: Succulent Sweet Potatoes

CONDIMENTS

Olive oil **Additional (1 meal)

Vegetable oil **Additional (1 meal)

Balsamic vinegar

Honey

**Salad dressing (1 meal)

**Caesar dressing (1 meal)

**Mayonnaise (2 meals)

**Rice vinegar (2 meals)

**Toasted sesame oil (1 meal)

**Burger condiments (mayonnaise, mustard, ketchup, relish, etc.)

PRODUCE

3 pounds onions (keep on hand)

2 heads garlic (9 cloves)

1 (14-16-oz.) package firm tofu

Fresh basil

1 1/2 pounds green beans

1 bunch cauliflower

Green leaf lettuce (6 cups)

Mushrooms (3 cups)

Baby spinach (3 cups)

3 sweet potatoes

1 bunch parsley

**Baby greens (1 meal)

**Romaine lettuce (1 meal)

**Salad toppings (2 meals)

**Coleslaw mix (2 meals)

**Russet potatoes (1 meal)

**Baby carrots (1 meal)

**Tomatoes (1 meal)

**Cilantro (1 meal)

**Burger toppings (onion, lettuce, sliced tomatoes, etc.)

**1 bunch basil (1 meal)

CANNED GOODS

1 (32-oz.) jar spaghetti sauce, your favorite

3 (14.5-oz.) cans vegetable broth

3 (14.5-oz.) cans diced tomatoes

2 (15-oz.) cans garbanzo beans (or use 3 cups dried)

SPICES

Onion flakes

Oregano

Garlic powder **Additional (1 meal)

Cumin

Rosemary

DAIRY/DAIRY CASE

Butter

Eggs (6)

Egg whites (6)

Skim milk

Low fat sour cream (3/4 cup)

Low fat cottage cheese (1 1/2 cups)

Cheddar cheese, shredded (6 ounces)

Parmesan cheese (2 cups)

**Mozzarella cheese, sliced (1 meal)

DRY GOODS

All purpose flour

Baking powder

Whole wheat flour

Bread crumbs

Pine nuts (1/3 cup)

Orzo (2 cups)

Pearl barley (2 1/4 cups)

12 ounces penne pasta

Wheat germ (1/2 cup)

Garbanzo beans (3 cups)(if not using canned)

**Dry roasted peanuts (1 meal)

BREADS/BAKERY

6 whole wheat hamburger buns

**Garlic bread (1 meal)

**Whole grain rolls (1 meal)

**Corn muffins (1 meal) or make your own

**Croutons (packaged)

SHOPPING LIST LEGEND

** = Serving Suggestions

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

