

Saving Dinner the Vegetarian Way Shopping List

Summer Menu — Week 2

MENU:

Day 1: Rigatoni and Broccoli Salad

Day 2: Crusty Tofu

Day 3: Southwestern Black Beans

Day 4: Raspberry Salad

Day 5: Grilled Vegetable Quesadillas

Day 6: Another Nutty Lentil Loaf

CONDIMENTS

Olive oil

Vegetable oil

Red wine vinegar

Dijon mustard

Honey

Salad dressing, your choice (1 cup) **Additional (2 meals)

**Horseradish

**Mayonnaise

**Salsa (1 meal)

PRODUCE

3 pounds onions (keep on hand)

1 head garlic (2 cloves) **Additional

1 (14-16-oz.) package extra firm Tofu

2 bunches broccoli **Additional (1 meal)

4 large tomatoes **Additional (1 meal)

1 English cucumber

1 bunch celery **Additional (1 meal)

1 medium zucchini **Additional (1 meal)

1 medium yellow squash

Carrots (2 cups shredded)

2 red bell peppers

1 cup mushrooms

1 bunch cilantro **Additional

1 bunch chives

Fresh basil

1 bunch parsley

Corn on the cob (3 ears, for kernels) (if not using frozen)

**Additional (1 meal)

2 lemons (need 2 tablespoons juice)

1 head Romaine lettuce

1 head red cabbage

2 cups raspberries

**Grape tomatoes (1 meal)

**Baby carrots (1 meal)

**Cauliflower (1 meal)

**Lettuce (not Iceberg, no nutrition) (2 meals)

**Salad toppings (2 meals)

CANNED GOODS

1 (28-oz.) can black beans

Chipotle chilies in adobo

SPICES

Paprika

Chili powder

Basil

Cumin

DAIRY/DAIRY CASE

Eggs (3)

Cheddar cheese (3 3/4 cups) **Additional (1 meal)

Low fat Monterey-Jack Cheese (2 cups)

**Shredded Cheddar/Jack blend (1 meal)

**Sour cream (2 meals)

**Sliced cheese, your favorite (1 meal)

DRY GOODS

Rigatoni pasta (4 1/2 cups)

Brown lentils (2 cups)

Pine nuts (2/3 cup)

Cashews (1 cup)

Dried cranberries (1/4 cup)

Seasoned bread crumbs

**Brown rice (1 meal)

BREADS/BAKERY

Whole wheat tortillas (12)

**Croissants (1 meal)

FROZEN FOODS

1 (32-oz.) bag frozen corn kernels (if not using fresh corn)

SHOPPING LIST LEGEND

** = Serving Suggestions

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

