MENU:
Day 1: Heavenly Pasta and Vegetable
Day 2: Beany Tofu Barbecue
Day 3: Tortilla Pizzas
Day 4: Veggie Supreme Sandwiches
Day 5: Savory Summer Stir Fry
Day 6: Barbecued Lima Beans

CONDIMENTS
Olive oil
1 (16-18-oz.) bottle Barbecue sauce
Italian dressing **Additional (1 meal)
Ketchup
Tabasco sauce
Dark corn syrup
**Mayonnaise
**Rice Vinegar
**Salsa, your favorite
**Vinegar or apple cider

DELI
**Potato salad (or make homemade)

PRODUCE
3 pounds onions (keep on hand)
1 head garlic (8 cloves)
1 (14-16-oz.) package firm Tofu
Ginger root (1/2 teaspoon)
1 Vidalia onion
1 small red bell pepper
3 large Zucchini
8 tomatoes (5 med, 3 large) **Additional (1 meal)
Mushrooms (8)
Lettuce (6 leaves) (See note on spinach)
1 bunch parsley
2 avocado **Additional (1 meal)
1 small cucumber
1 peach
**Fresh basil
**1 bunch green onions
**Baby carrots (1 meal)
**Coleslaw mix (2 meals)
**1 bunch Cilantro
**Lettuce (not Iceberg, no nutrition) (1 meal)
**Salad toppings (1 meal)
**Spinach (can be used in place of 6 lettuce leaves, or in
    addition to them)
**Celery
**Potatoes

CANNED GOODS
1 (14.5-oz.) can low sodium vegetable broth
1 (14.5-oz.) can whole tomatoes
1 (14.5-oz.) can diced tomatoes
1 (15-oz.) can garbanzo beans (chickpeas)
2 (15-oz.) cans black beans **Additional 1 can (1 meal)
**1 (15-oz.) can white beans (1 meal)

DAIRY/DAIRY CASE
Parmesan cheese
Mozzarella cheese (2 cups) **Additional (slices) (1 meal)
Chives and onion cream cheese (8 ounces)
**Sour cream

DRY GOODS
Brown sugar
12 ounces Angel hair pasta
1 pound Lima beans
Brown rice (6 cups)

BREADS/BAKERY
6 flour tortillas
6 Whole wheat buns
12 slices whole wheat bread
**Cornbread (1 meal)

FROZEN FOODS
1 (16-oz.) package frozen medley of broccoli, cauliflower
    and carrots

SHOPPING LIST LEGEND

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