

Saving Dinner the Vegetarian Way Shopping List

Winter Menu — Week 1

MENU:

- Day 1: Spicy Black Bean and Tofu Stew
- Day 2: Broccoli Mushroom Noodle Casserole
- Day 3: Bountiful Burritos
- Day 4: B-Cubed Salad (Beets, Blue Cheese and Baby Greens)
- Day 5: Curried Stir Fry
- Day 6: Shepherd's Pie with Lentils

CONDIMENTS

- Olive oil
- Vegetable oil
- Balsamic vinegar
- Salsa, your favorite (2 cups)
- Soy sauce (low sodium, if available)
- **Salad dressing, your choice (3 meals)
- **Honey
- **Mayonnaise
- **Rice wine vinegar

PRODUCE

- 4 (14-16-oz.) packages firm Tofu
- 5 pounds onions
- 2 heads garlic (10 cloves)
- 1 bunch broccoli **Additional (1 meal)
- 3 (8-oz.) packages mushrooms
- 2 heads cauliflower
- Green bell peppers (3 medium)
- Mixed baby greens (8 ounces)
- Red onion (1 large)
- Kale (3 cups)
- 1 bunch celery (4 stalks)
- Carrots (2 large)
- 5-6 large russet potatoes (to make 4 cups mashed potatoes)
- **Spinach (1 meal)
- **Lettuce (not Iceberg, no nutrition) (2 meals)
- **Baby carrots (1 meal)
- **Salad toppings (see Salad Fixin's Sidebar for ideas) (3 meals)
- **Coleslaw mix (1 meal)
- **Apples (1 meal)
- **Acorn squash (1 meal)

CANNED GOODS

- 3 (15-oz.) cans black beans
- 2 (14.5-oz.) cans Italian stewed tomatoes
- 2 (4.5-oz.) cans green chilies
- 2 (14.5-oz.) cans vegetarian refried beans
- 2 (15-oz.) cans pickled beets
- 3 (14.5-oz.) cans vegetable broth
- 1 (28-oz.) can tomatoes

SPICES

- Italian Seasoning
- Curry powder
- Cinnamon

DAIRY/DAIRY CASE

- Butter **additional
- Eggs (2)
- Low fat cottage cheese (3 cups)
- Light sour cream (1 cup)
- Low fat cheddar cheese (1 1/2 cups) **additional (slices) (1 meal)
- Monterey Jack Cheese (1 1/2 cups)
- Blue Cheese crumbles (4 1/2 ounces)

DRY GOODS

- 1 (12-oz.) package wide Egg noodles
- Bread crumbs (1 1/2 cups)
- Brown Rice (3 cups) **Additional (1 meal)
- Lentils (brown or green) (1 1/2 cups)

BREAD/BAKERY

- 6 large whole wheat tortillas (10-inch diameter or burrito size)
- **Cornbread (1 meal)
- **Whole wheat bread (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.