

## Menu Planning Central Shopping List Vegetarian Option Sample

### Fresh Produce

- (A, C, E, F, G) onions – 4
- (A) green bell pepper – 1
- (B, C, E) carrots – 3, 1 cup
- (B, E) zucchini – 2, 1/2 cup
- (C) garlic cloves – 4
- (C) mushrooms – 3
- (C) tofu – 1/2 pound
- (D) squash spaghetti – 1
- (E) broccoli – 1 cup
- (E) parsley – 1/4 cup
- (E) thyme – 1/2 teaspoon
- (F) tomatoes – 3
- (G) potatoes – 1 pound

### Bakery / Bread

- (E) whole wheat bread – 1 slice

### General Grocery / Cooking and Baking

- (A, C) vegetable oil – 3 tablespoons (recipe A may be substituted with water)
- (A) chili powder – 2 tablespoons
- (A, B, E, F, G) salt – to taste, 1/4 teaspoon
- (A, E, F, G) pepper – to taste, 1/4 teaspoon
- (G) paprika – 1/4 teaspoon
- (A) unbleached flour – 1/2 cup
- (A) baking powder – 1/2 teaspoon
- (B, E) olive oil – 3 tablespoons
- (C) parsley – 1/2 tablespoon
- (E) sage – 1/4 teaspoon
- (F) basil – 1 teaspoon
- (G) unsalted nuts of choice – 1 ounce

### General Grocery / Condiments and Sauces

- (C) tamari – 2 teaspoons
- (G) Marmite – 1 teaspoon

### General Grocery / Dry Food and Mixes

- (A) cornmeal – 1 1/2 cups
- (B) wide egg noodles – 1 bag (12 ounces)

### General Grocery / Cereal and Breakfast

- (E) oat bran cereal – 3 tablespoons
- (E) oatmeal – 3/4 cup

### General Grocery / Canned and Bottled

- (A) green chilies – 1 can
- (A, C, E) tomato sauce – 1 1/2 cups, 3 teaspoons
- (A) kidney beans – 4 cups
- (B, D) spaghetti sauce – 1 jar (28 ounces), 1 quart (recipe D calls for sauce with peppers)

### Frozen

- (A) frozen corn – 2 cups
- (F) frozen pie crust – 1 (9 inches)

### Dairy / Refrigerated

- (B, D, E, F) Parmesan cheese – 8 ounces, 8 tablespoons
- (D) mozzarella cheese – 16 ounces
- (D) cottage cheese – 9 ounces
- (E, G) shredded cheddar cheese – 3 ounces
- (E, F) eggs – 4 (recipe E calls for 1 egg and 1 egg white)
- (F) shredded gruyere cheese – 1/2 pound
- (F) milk – 1 3/4 cup