

Grocery Shopping List Vegetarian Week 3

Monday: Manicotti \$12.24	<u>Spices</u> Crushed Red Pepper Flakes (3/4 teaspoon) Dried Basil (1 Tablespoon) Dried Parsley flakes (1 teaspoon) Chili powder (1 teaspoon) Cumin (1 teaspoon) salt and freshly ground black pepper Thyme (1/2 teaspoon)	<u>Refrigerated</u> Ricotta cheese (3 cups) Parmesan cheese (4 ounces) Shredded Mozzarella Cheese (8 ounces) Eggs (2 large) Mozzarella Cheese (8 thin slices) Cheddar Cheese (8 thin slices) Three Cheese Refrigerated Tortellini (20 ounce package) Hummus (3/4 cup) Edamame (1 1/3 cups) Butter (2 Tablespoons and extra for spreading on bread)	<u>Produce</u> Garlic (9 cloves) Fresh Parsley leaves (2 TBs) Fresh Basil leaves (2 1/2 cups) Corn (1 cup) Red bell pepper (1) Avocados (3) Cherry Tomatoes (1 1/2 cups) Red Onion (1/4 cup) Cilantro (1/4 cup) Lime (2) Baby Spinach Leaves (2 cups) Carrots (1 1/2) Cucumber (1 cup) Plum Tomatoes (3 pounds.) Yellow Onions (2 small)
Tuesday: Italian Grilled Cheese \$3.79			
Wednesday: Southwest Tortellini Pasta Salad \$11.66	<u>Cans and Jars</u> Crushed Tomatoes (2-28 ounce cans) Marinara (1 cup) Black Beans (15 ounce can) Whole Plum Tomatoes (28 ounce can) Vegetarian broth (4 cups)		
Thursday: Hummus Edamame Veggie Wrap \$8.16		<u>Bread/Grains</u> Crusty Artisan Bread (8 slices) Flour Tortillas (4 large) No-Boil Lasagna Noodles (16)	
Friday: Roasted Tomato Basil Soup \$12.04	<u>Other</u> any other desired vegetables for hummus wrap Optional soup garnishes: sour		<u>Pantry Staples</u> Extra Virgin Olive Oil (1/2 cup) Olive oil (3 Tablespoons) Rice vinegar (2 Tablespoons) Sugar(1 teaspoon)

Weekly Total- \$47.89