

Grocery Shopping List Vegetarian Week 3

Monday: Manicotti \$12.24	<p style="text-align: center;"><u>Spices</u></p> <p>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)</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>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)</p>	<p style="text-align: center;"><u>Produce</u></p> <p>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)</p>
Tuesday: Italian Grilled Cheese \$3.79	<p style="text-align: center;"><u>Cans and Jars</u></p> <p>Crushed Tomatoes (2-28 ounce cans) Marinara (1 cup) Black Beans (15 ounce can) Whole Plum Tomatoes (28 ounce can) Vegetarian broth (4 cups)</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Crusty Artisan Bread (8 slices) Flour Tortillas (4 large) No-Boil Lasagna Noodles (16)</p>	<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Extra Virgin Olive Oil (1/2 cup) Olive oil (3 Tablespoons) Rice vinegar (2 Tablespoons) Sugar(1 teaspoon)</p>
Wednesday: Southwest Tortellini Pasta Salad \$11.66			
Thursday: Hummus Edamame Veggie Wrap \$8.16	<p style="text-align: center;"><u>Other</u></p> <p>any other desired vegetables for hummus wrap Optional soup garnishes: sour</p>		
Friday: Roasted Tomato Basil Soup \$12.04			

Weekly Total- \$47.89