

# Summertime Vegetarian Menu Plan

Week 1

Healthy Mexican Zucchini Boats

Mexican Quinoa

Garden Vegetable Pie

Moroccan Cauliflower Chickpea Pitas with Tzatziki Sauce

Corn, Avocado, and Black Bean Salad

Vegetable Spaghetti Alfredo

Veggie Tacos with Avocado Cream Sauce

Mexican Rice & Cantina Beans

Fast & Easy Broccoli Quiche

Frozen Blueberry Yogurt Bars

# Summer Vegetarian Shopping List – Week 1

## FRESH PRODUCE:

14 large zucchini  
6 medium red peppers  
6 small red onions (3 large)  
2 jalapenos  
4 large tomatoes  
4 yellow squash  
2 head cauliflower  
1 cucumber  
11 garlic cloves  
3 small containers cherry tomatoes  
5 avocados  
4 medium yellow onion  
2 large eggplant  
3 head broccoli  
4 lemons  
1 bunch kale  
2 ears sweet corn

## FRESH HERBS:

1 large bunch fresh cilantro  
1 container fresh basil  
1 T. fresh rosemary  
1 T. fresh oregano

## DRIED HERBS:

3 T. cumin  
1½ t. ground chili powder  
1 t. smoked paprika  
1 T. garlic powder  
1½ t. ground coriander  
1½ t. dill

## FROZEN ITEMS:

3 9-inch deep-dish pie shells  
2¼ c. frozen corn  
2 c. blueberries

**PANTRY ITEMS:**

Extra virgin olive oil  
2 T. honey or agave  
2 c. quinoa  
1 c. long-grain brown rice  
6 c. organic vegetable broth  
25 oz. whole-wheat spaghetti noodles  
Kosher salt  
Ground black pepper

**CANNED GOODS:**

2 15-oz. can black beans  
1 15-oz. can pinto beans  
1 c. salsa  
1 14-oz. can of chickpeas  
1 8-oz. can tomato sauce  
1 T. tomato paste

**REFRIGERATED ITEMS:**

2½ c. cheddar cheese, shredded  
12 oz. white cheddar cheese, shredded  
1½ c. mozzarella cheese, shredded  
4½ c. Parmesan cheese, freshly grated  
8 oz. Feta cheese  
2 sticks (8 oz.) unsalted butter  
2 c. heavy cream  
10 large eggs  
2 c. half & half  
3¾ c. plain Greek yogurt

**BAKERY:**

6 whole-wheat flatbreads  
1 package of pita chips  
1 loaf of Italian bread  
16 corn tortillas