Vegetables for guinea pig

Romaine lettuce (1 big or 2 medium)

Baby tomatoes

Celery (1)

Carrots (2)

Cucumbers (1)

Italian parsley

2 large Portobello mushrooms

Bananas (10)

Tangerines or other fruit

4 packages firm tofu

Dill pickles

Bagels

4 chicken broth (Swanson, 33% less sodium)

Rice

Kikkoman soy sauce

Active dry yeast

White sugar

Light brown sugar

Ginger Ale

Planters dry roasted peanuts (lightly salted)

Boneless beef chuck roast ($4.99/lb.)

Pork Spareribs ($1.69/lb.)

Whole chicken twin pack ($0.59/lb.)

$5 for 5: **Chicken thighs, chicken drumsticks**, boneless pork loin chops, ground beef (80% lean)

Milk (3 gallons)

Eggs

Dove soap

Hand soap

Chlorox wipes

Lysol

Toilet paper

Kleenex (if can’t find toilet paper)

Emergen-C

Daily multi-vitamins

Morning Star products

**Servings of Vegetables (5)**

Zucchini

Yellow squash

Mexican squash

Chayote squash

Spinach

Cauliflower

Broccoli

1 package bean sprouts, red pepper, celery, green onions

1 iceberg lettuce

Onions, Corn, and Peppers

1 onion

1 green pepper

1 red pepper

1 can whole corn kernel

Garlic Dill New Potatoes

8 medium red potatoes

Vegetarian Korma

1 onion

2 Russet potatoes

4 carrots

1 jalapeno pepper

1 package frozen green peas

1 green pepper

1 red pepper

1 cup heavy cream

Squash Casserole I

2 lbs. yellow squash

1 onion

1 can cream of chicken

8 oz. sour cream

Creamy Spinach-Artichoke Casserole

6.5 oz. marinated artichoke hearts

1/4 lb. mushrooms

1 onion

20 oz. spinach

1 can cream of mushroom

8 oz. sour cream

**Possible Vegetarian Meals (7)**

Sean's Falafel and Cucumber Sauce

15 oz. can chickpeas (garbanzo beans)

1 onion

1 bunch curly parsley (not Italian parsley)

6 oz. plain yogurt

1 cucumber

Green-Pea Burgers

2 cups frozen peas

15 oz. can chickpeas (garbanzo beans)

1 onion

4 burger buns

Homemade Black Bean Veggie Burger

16 oz. black beans

1 green pepper

1 onion

Chili powder

4 burger buns

Easy Vegetarian Spinach Lasagna

1 package lasagna noodles

10 oz. spinach

8 oz. ricotta cheese

8 oz. mozzarella cheese

8 oz. pasta sauce (any kind)

1 package shredded Parmesan cheese

Light and Fluffy Spinach Quiche

8 oz. shredded cheddar cheese

10 oz. spinach

1 onion

Easy Spinach Lasagna with White Sauce

10 oz. spinach

29 oz. Alfredo-style pasta sauce

1 package lasagna noodles

1 pint skim ricotta cheese

8 oz. mushrooms

8 oz. carrots

8 oz. shredded mozzarella cheese

Spinach Pie

1 Onion

16 oz. spinach

1 pint heavy cream or half-and-half

1/2 cup Swiss cheese

Frittata

3 tbsp. heavy cream or half-and-half

4 oz. shredded cheese

Zucchini (2)

Yellow squash (1)

Best Tuna Casserole

12 oz. extra-wide egg noodles

1 onion

8 oz. shredded Cheddar cheese

1 package frozen green peas

12 oz. canned tuna

2 cans cream of mushroom soup

4.5 oz. can sliced mushrooms

1 bag of low-sodium potato chips

Linguine and Clam Sauce

1 lb. linguine

2 6.5-oz. minced clams

1 package Parmesan cheese

Spaghetti with Clams

1 1/2 cups minced clams

1 lb. thin spaghetti

1 package Parmesan cheese

Macaroni and Cheese

8 oz. elbow macaroni

8 oz. shredded cheddar cheese

Squash and Spinach Casserole

1 cup small curd cottage cheese

2 10 oz. spinach

6 medium yellow squash

3 medium tomatoes

8 oz. shredded cheddar cheese

Cheesy Cauliflower Casserole

1 head cauliflower

8 oz. sour cream

1 green pepper

1 red pepper

8 oz. shredded sharp cheddar cheese

1 package Parmesan cheese

Corn flakes

Tuna Twist Casserole

8 oz. corkscrew pasta

8 oz. frozen mixed vegetables (country-style)

1 can cream of mushroom

8 oz. shredded mozzarella cheese

12 oz. canned tuna

Potatoes Au Gratin

1 1/2 lb. Russet potatoes

8 oz. shredded cheddar cheese

Best Green Bean Casserole

2 14.5-oz cans green beans

1 can cream of mushroom soup

6 oz. French fried onions

1 cup cheddar cheese

Chinese Tea Eggs

12 large eggs

Light soy sauce

Dark soy sauce

Black tea

Cheese Pizza

Mozzarella cheese

Spinach

Mushrooms

Olives

15 oz. tomato sauce

6 oz. tomato paste

Loaded cauliflower

1 cauliflower

8 oz. sour cream

8 oz. shredded Cheddar cheese

1 package dry ranch salad dressing

Parmesan Lemon Zucchini

4 zucchinis

1 package Parmesan cheese

1 large lemon

Steamed Broccoli with Olive Oil, Garlic, and Lemon

3/4 lb. broccoli

Stir-Fried Cauliflower in Cream Sauce

1 cauliflower

Stir-Fried Cauliflower with Tomato Sauce

1 cauliflower

1 tomato

6 oz. tomato paste

Tofu Parmigiana

1 package Parmesan cheese

1 package firm tofu

8 oz. tomato sauce

8 oz. mozzarella cheese

Cheesy Polenta

1 cup polenta

4 oz. shredded cheddar cheese

Noodles in Gravy

SPAM

1 package bean spouts

Spanish Rice

1 onion

1 green pepper

1 celery

1 cup mushrooms

1 large tomatoes

Stir-Fried Vegetable with Mushrooms

2/3 lb. bok choy

1 can straw mushrooms

1 green onion

Sweet and Creamy Corn

1 onion

18 oz. corn

1 pint half-and-half

Water Eggs\_Grandmother's Recipe

Eggs

Ratatouille

1 eggplant

Parmesan cheese

2 zucchinis

1 onion

2 cups mushrooms

1 green pepper

2 large tomatoes

Three Cheese Quiche

1 cup mushrooms

1 onion

1 broccoli crown

1 jar roasted red pepper

8 oz. shredded three-cheese mix