

# SAMPLE DINNER DAILY MENU - VEGETARIAN DIET

Stop & Shop - Serves 4 to 6

Shopping List

Print Menu

Connect to Google

Put your menu in your calendar!

Restore Original Menu

Please note: changes to your menu will create a new shopping list.



Time to table  
15 MINS

## WHITE BEAN SALAD

with Skillet Green Beans and Fresh Mango Slices

### Ingredients

30 oz chick peas, drained & rinsed  
15 oz cannellini beans, drained & rinsed  
1 tomato, chopped  
1 red/orange/yellow bell pepper, chopped  
1/2 cucumber, peeled & chopped

1/2 cup fresh parsley, chopped  
3 scallions, chopped  
2 tbs olive oil  
2 tbs red wine vinegar  
2 garlic cloves, minced

### Skillet Green Beans

1 tbs olive oil  
2 garlic cloves, minced

1 lb green beans, ends trimmed

### Fresh Mango Slices

2 mangos

### Instructions

Place beans in large bowl along with veggies, parsley, & scallions. In small bowl, mix oil, vinegar, and garlic. Pour over salad and stir to coat. Season with salt & pepper. You can serve this right away but if you let it sit in fridge for a few hours it will have more intense flavors. Either way it is delicious!

Heat oil in large skillet over med heat, add garlic and cook a minute. Add beans & cook until bright green & crisp tender, 5 to 8 minutes. Be careful to not overcook!

Peel, slice and serve.

487 Cals 20g Protein 12g Fat 18g Fiber 77g Carbs



Time to table  
5 HRS 15 MINS

## SLOW COOKER STUFFED PEPPERS

with Cucumber Dill Salad



Cook Quinoa in Advance

### Ingredients

1 tsp olive oil  
1 onion, small, chopped  
6 green peppers, tops cut off, seeds removed  
1 cup frozen corn, thawed  
15 oz black beans, drained & rinsed  
3 garlic cloves, minced

1 cup quinoa, cooked  
1/4 cup shredded cheddar cheese, low fat  
15 oz diced tomatoes with green chiles  
1/2 tsp cumin (ground)  
1/2 tsp onion powder  
1/2 tsp garlic powder

### Cucumber Dill Salad

1/4 cup fresh dill, chopped  
3 cucumbers, peeled and sliced

1/3 cup plain greek yogurt, low-fat  
2 tbs fresh lemon juice

### Instructions

Heat olive oil in medium skillet on med/high for 30 seconds. Add onion, diced pepper tops, corn & beans and saute for 3 mins. Add garlic and saute 1 min more. Remove from heat and place into large mixing bowl. Add cooked quinoa, half the cheese, diced tomatoes and spices. Stir to combine completely. Portion into peppers and place in slow cooker. Pour about 1/3 cup water into bottom of crock pot. Cover and cook on high 3 hours or low 4 to 5 hours. When almost ready for dinner, sprinkle more cheese on each pepper, replace lid and cook 5 more minutes. Remove from crockpot and serve.

Combine all ingredients in a bowl, season with salt and pepper to taste. Note: the salad tastes best if it sits for a while. If possible, make this first before you cook your main meal.

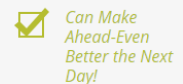
431 Cals 21g Protein 13g Fat 11g Fiber 61g Carbs



Time to table  
35 MINS

## THREE BEAN VEGETARIAN STEW

with Mary's Avocado Salad



Can Make Ahead-Even Better the Next Day!

### Ingredients

1 tbs olive oil  
2 onions, medium, chopped  
2 garlic cloves, minced  
15 oz black beans, drained & rinsed  
15 oz red kidney beans, drained & rinsed  
1 cup baby carrots, chopped

14 1/2 oz diced tomatoes with basil, garlic & oregano  
15 oz chick peas, drained & rinsed  
1/2 cup vegetable broth  
1 tsp oregano (dried)  
3/4 cup shredded parmesan cheese (optional)

### Mary's Avocado Salad

2 avocados, peeled and chopped  
2 scallions, chopped  
1 green pepper, chopped

1 tomato, chopped  
1/4 cup fresh cilantro, chopped  
2 1/2 tbs fresh lime juice

### Instructions

Heat oil in large saucepan. Add onion & cook for 5 mins until softened. Add garlic & stir for 30 secs. Stir in beans, carrots, tomatoes, chick peas, broth, and oregano. Season with salt & pepper. Bring to low boil, turn heat to low, cover & let simmer for 15 mins. Season with salt & pepper to taste. Serve. Optional: sprinkle with cheese.

In a medium serving bowl combine all ingredients. Season with salt and pepper to taste.

499 Cals 21g Protein 18g Fat 25g Fiber 70g Carbs





## LENTIL SOUP

with Watermelon & Feta Salad and Corn on the Cob

### Ingredients

- 1 tbs olive oil
- 2 carrots, chopped
- 2 ribs celery, chopped
- 1 onion, large, chopped
- 1 1/2 cups lentils, dried
- 6 cups vegetable broth, (or use water)
- 1 bay leaf
- 2 tbs fresh lemon juice

### Watermelon & Feta Salad

- 1/4 watermelon
- 5 scallions, chopped
- 2 tbs red wine vinegar
- 1 1/2 tbs fresh lemon juice
- 2 tbs olive oil
- 1/2 cup feta cheese

### Corn on the Cob

- 5 corn on the cob

### Instructions

Heat olive oil in large pot on med. Add carrot, celery, onion, and 1/4 tsp salt. Sauté until soft, about 5 mins. Add lentils, broth (or water), and bay leaf. Bring to boil, then turn heat down to low & simmer, covered, until lentils begin to fall apart, about 20 mins. Remove from heat. & stir in lemon juice. Season with salt to taste.

Cut up watermelon into cubes (any size and shape works). Place in large bowl and add scallions. Mix vinegar, lemon juice & oil in small bowl with fork or whisk. Pour over watermelon and gently stir to coat. Sprinkle with feta and season with sea salt & black pepper.

Husk corn & bring large pot of water to boil. Add corn & cook for 5 minutes until just tender. Serve with butter, salt & pepper.

550 Cals 25g Protein 14g Fat 12g Fiber 90g Carbs



## AVOCADO TOAST WITH FRIED EGG

with Carrot & Spinach Salad

### Ingredients

- 4 avocados, peeled, pit removed
- 1 tbs fresh lemon juice
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbs olive oil
- 5 eggs
- 5 bread slices

### Carrot & Spinach Salad

- 1 cup baby carrots, chopped
- 2 1/2 oz baby spinach
- 2 scallions, chopped
- 2 tbs fresh lemon juice
- 2 tbs olive oil
- 1 garlic clove, minced

### Instructions

In a medium bowl mash avocado, lemon juice, salt & pepper. Heat oil in skillet over med/high heat and crack eggs into skillet one-by-one. Cover and cook for 3-4 mins until whites appear set and yolks are to desired firmness. While eggs are cooking, toast bread. Assemble by topping toasted bread with mashed avocado and a fried egg.


Chop carrots. Combine with spinach & scallions in bowl. In small bowl, combine lemon juice, oil, garlic, salt & pepper to taste. Pour dressing over salad and toss to coat.

525 Cals 14g Protein 38g Fat 14g Fiber 38g Carbs



[thedinnerdaily.com](http://thedinnerdaily.com)

Nutritional values are a general guideline only. Actual results may vary. Please see our Terms & Conditions for our complete policy.

 Indicates Switch It recipe with main ingredient on sale.

Shopping List

Print Menu

[Restore Original Menu](#)

# SAMPLE DINNER DAILY SHOPPING LIST - VEGETARIAN DIET

Stop & Shop - Serves 4 to 6

Sales period for your selected store is Friday to Thursday

## WEEKLY MENU

- 1 White Bean Salad (Skillet Green Beans & Fresh Mango Slices)
- 2 Slow Cooker Stuffed Peppers (Cucumber Dill Salad)
- 3 Three Bean Vegetarian Stew (Mary's Avocado Salad)
- 4 Lentil Soup (Watermelon & Feta Salad & Corn on the Cob)
- 5 Avocado Toast with Fried Egg (Carrot & Spinach Salad)

## STAPLES

- 1 Olive oil, red wine vinegar, \*olive oil
- 2 Olive oil, cumin (ground), onion powder, garlic powder
- 3 Olive oil, oregano (dried)
- 4 Olive oil, bay leaf, \*red wine vinegar, \*olive oil
- 5 Salt, black pepper, olive oil, \*olive oil








































Print Shopping List

M denotes ingredient used in multiple recipes

\* Asterisk (\*) denotes side dish ingredient

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













## PRODUCE + ADD ITEM

- M  \*Lemons (3)  
- 3  \*Limes (2)  
- 4  \*Watermelon (1)   
- 1  \*Mangos (2)   
- 5  \*Baby spinach (3 oz)     
Dole or Stop & Shop Salad Blend
- 1  \*Green beans (1 lb)     
Stop & Shop
- 1  Red pepper (or orange or yellow) (1)   
- M  Green peppers (7)   
- 4  Carrots (2)     
Stop & Shop
- M  Baby carrots (8 oz)     
Aqua Pick
- M  Tomatoes (2)     
Tasti-Lee or Tomatoes on the Vine
- 4  Celery (2 ribs)     
Aqua Pick Celery Sticks or Stop & Shop Celery Hearts
- M  Cucumbers (4)   
- M  Onions (4)  
- M  Garlic (2 bulbs)  
- M  Scallions (12)  
- 4  \*Corn (on the cob) (5)   
- M  \*Avocados (6)   
- 3  \*Fresh cilantro (1 bunch)  
- 2  \*Fresh dill (4 tbs)  
- 1  Fresh parsley (1 bunch)  














## SEAFOOD + ADD ITEM

## MEAT/POULTRY + ADD ITEM


## GROCERY + ADD ITEM

- 1  Canned cannellini beans (15 oz)  
- M  Canned black beans (30 oz)     
Nature's Promise
- 3  Canned kidney beans (red) (15 oz)  
- M  Canned chick peas (45 oz)  
- 4  Dried lentils (1 1/2 cups)  
- 5  Bread slices (5)  
- 2  Quinoa (6 oz)  
- 2  Diced tomatoes with green chiles, canned (15 oz)  
- 3  Diced tomatoes with basil, garlic & oregano (canned) (15 oz)  
- M  Vegetable broth (6 1/2 cups)     
Empire

## DAIRY + ADD ITEM

- 2  \*Plain greek yogurt, low-fat (3 oz)     
Oikos
- 3  Shredded parmesan cheese (3 oz, optional)     
Sargento
- 2  Low fat shredded cheddar cheese (1 oz)     
Sargento
- 4  \*Feta cheese (2 oz)  
- 5  Eggs (5)  

## FROZEN FOODS + ADD ITEM

- 2  Frozen corn (fresh works, too) (6 oz)  

Dinner Daily Members can edit, add or delete ingredients on their computer, phone or tablet and they can use this shopping list on their phone in the store.

The Shopping Lists for many stores have links to that store's online ordering and delivery/pickup option and we have one-click ordering for Peapod.

This shopping list will be automatically updated if any changes are made to the member's menu.