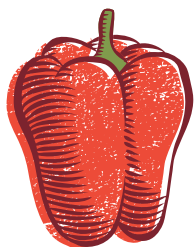


Week 3 Shopping List

Menu	Ingredients
Grilled Radicchio Panzanella	Produce: Shallot, Lemon
	Packaged Items: Kalamata Olives, Bread
	Dairy: Parmesan Cheese
	Pantry Items: Olive Oil, Red Wine Vinegar, Dijon Mustard, Salt, + Pepper
Omnivore: Salmon with Kale Pesto & Celeriac Remoulade	Protein: Salmon (roughly 1/2 pound per person)
	Packaged Goods: Pumpkin Seeds
	Dairy: Parmesan Cheese
	Pantry Items: Olive Oil, Mayonnaise, Dijon Mustard, Salt + pepper
Produce: Lemon	
Vegetarian: Polenta Squares with Kale Pesto & Celeriac Remoulade	Packaged Goods: Pumpkin Seeds, Polenta
	Dairy: Parmesan
	Pantry Items: Olive Oil, Mayonnaise, Dijon Mustard, Salt + pepper
	Produce: Lemon
Parsnip Hummus Serve with olives, Cheese, and pita Omnivore add grilled chicken	Condiments: Tahini
	Produce: lemon, garlic
	Packaged Items: olives, cheese
	Omnivore: Grilled Chicken
Pantry Items: Olive Oil, Coconut Oil, Cumin, Coriander, Crushed Red Pepper	
Pickled Hakurei Turnips Omnivore: Local Grass-fed Burgers Vegetarian: Veggie Burgers	Condiments: Rice Vinegar, Sugar
	Pantry Items: Salt + Pepper
	Omnivore: Local Grass-fed Beef + Burger Fixings
	Vegetarian: Veggie Burgers + Burger Fixings



Week 3 Shopping List

Menu

Ingredients

Scallion Salad with Sesame Dressing

Packaged Items: Toasted Sesame Oil, Tamari, Sesame Seeds, Smoked Tofu

Pantry Items: Canola Oil, Maple Syrup, Dried Ginger, Salt, + Pepper

Local Sources: Down to Earth Health Foods (full service grocery, gluten free products), Oh My Goodness Health Food (full service grocery, gluten free products, local products), Old Barn Hollow (full service grocery specializing in local products), Green Planet Grocery (full service grocery, gluten free, local products), Mother Earth Health Food (natural products), Real Food Co-op (full service grocery, local products, gluten free) Greenstar Co-op (full service grocery, local products, gluten free) The Piggery (butcher shop and local products) People's Market (local products: eggs, honey, maple syrup, meat), Ithaca Coffee Company (cheese, gourmet grocery, some local products)