



Week 1 Shopping List

Packaged Goods

- Rice Stir-Fry Noodles
- pumpkin seeds
- baguette or gluten free bread for croutons
- Oats
- Flour or Gluten Free flour
- Brown Sugar
- Sugar
- Oil packed anchovy (optional)
- Red Lentils
- Rice
- 1 lb your favorite pasta or gluten free pasta (GF pasta is available at Real Food Co-op, Green Planet Grocery, Mother Earth Health Foods, Greenstar Co-op, Down to Earth, OMG Health Food)
- vegetable stock (optional you can also use water for the curry)
- sunflower seeds

Condiments

- Tamari
- Olive Oil
- Dijon Mustard
- Miso Paste (available at Greenstar Co-op, Real Food Co-op, Down to Earth, OMG Health Food, Mother Earth Health Foods, Green Planet Grocery)
- Mayonnaise
- Worcestershire (optional or vegetarian version)
- Honey (local available at Greenstar Co-op, Real Food Co-op, OMG Health Food, & Old Barn Hollow)



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- apple cider vinegar (Local available at Old Barn Hollow)
- red wine vinegar

Dairy

- Butter
- Parmesan or Pecorino

Produce

- 2 Lemons
- Garlic
- Onion
- Ginger (can sub powdered ginger)
- Apple
- Thyme (use some for slaw dressing, and also for chicken if using omnivore meal plan)

Spices

- Curry Powder
- Cayenne Pepper
- Turmeric
- Salt + Pepper

Protein

- Vegetarian Meal Plan - Tofu (Local available at Old Barn Hollow, Real Food Co-op, Greenstar Co-op, & OMG Health Food)
- Omnivore Meal Plan - Split Chicken Breasts (Local available at OMG Health Food, Old Barn Hollow, Greenstar Co-op)