



## Week 1 Shopping List

### **Packaged Goods**

- Rice Stir-Fry Noodles
- pumpkin seeds
- baguette or gluten free bread for croutons and breadcrumbs
- Oil packed anchovy (optional)
- almonds

### **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 or maple syrup (local available at Greenstar Co-op, Real Food Co-op, OMG Health Food, & Old Barn Hollow)
- apple cider vinegar (Local available at Old Barn Hollow)
- red wine vinegar

### **Dairy**

- Parmesan or Pecorino

### **Produce**

- 2 Lemons
- Garlic



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- Onion
- Ginger (can sub powdered ginger)
- Apple
- Thyme (can sub dried)
- Shitake Mushrooms (Vegetarian Meal Plan - local available at Ithaca Farmer's Market)

### **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)
- Vegetarian Meal Plan - tempeh
- Omnivore Meal Plan - One Whole Chicken (Local available at OMG Health Food, Old Barn Hollow, Greenstar Co-op)
- Omnivore Meal Plan - Bacon (Local available at OMG Health Food, Old Barn Hollow, The Piggery, Real Food Co-op)
- Fish - Tuna or Swordfish