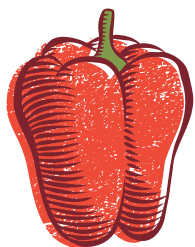


# Week 3 Shopping List

Menu	Ingredients
<b>Grilled Radicchio Panzanella</b>	<b>Produce:</b> Shallot, Lemon
	<b>Packaged Items:</b> Kalamata Olives, Bread
	<b>Dairy:</b> Parmesan Cheese
	<b>Pantry Items:</b> Olive Oil, Red Wine Vinegar, Dijon Mustard, Salt, + Pepper
<b>Omnivore: Salmon with Kale Pesto &amp; Celeriac Remoulade</b>	<b>Protein:</b> Salmon (roughly 1/2 pound per person)
	<b>Packaged Goods:</b> Pumpkin Seeds
	<b>Dairy:</b> Parmesan Cheese
	<b>Pantry Items:</b> Olive Oil, Mayonnaise, Dijon Mustard, Salt + pepper
<b>Vegetarian: Polenta Squares with Kale Pesto &amp; Celeriac Remoulade</b>	<b>Packaged Goods:</b> Pumpkin Seeds, Polenta
	<b>Dairy:</b> Parmesan
	<b>Pantry Items:</b> Olive Oil, Mayonnaise, Dijon Mustard, Salt + pepper
	<b>Produce:</b> Lemon
<b>White Bean, Kohlrabi, &amp; Escarole Soup</b>	<b>Produce:</b> Garlic
	<b>Packaged Items:</b> Chicken or Vegetable Stock, White Beans,
	Diced Tomatoes
	<b>Pantry Items:</b> Olive Oil, Salt, + Pepper
<b>Pickled Hakurei Turnips &amp; Oven Baked Parsnip Fries</b> <b>Omnivore: Local Grass-fed Burgers</b> <b>Vegetarian: Veggie Burgers</b>	<b>Condiments:</b> Rice Vinegar, Sugar
	<b>Pantry Items:</b> Olive oil, Salt + Peper
	<b>Omnivore:</b> Local Grass-fed Beef + Burger Fixings
	<b>Vegetarian:</b> Veggie Burgers + Burger Fixings



# Week 3 Shopping List

## Menu

## Ingredients

### Grilled Napa Cabbage with Peanut Sauce

**Omnivores:** Grilled Split Chicken Breasts

**Vegetarians:** Grilled Tofu

**Produce:** Garlic, Ginger (can sub dried ginger)

**Packaged Items:** Peanut Butter

**Pantry Items:** Canola Oil, Maple Syrup or Honey, Salt, + Pepper

crushed red pepper, sriracha hot sauce (optional)

**Omnivores:** Split Chicken Breasts, Rosemary **Vegetarians:** Tofu

**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)