



## Week 2 Shopping List

### **Packaged Goods**

- Pasta or Gluten Free Pasta
- Spring Roll Wrappers
- Rice Noodles
- Coconut Milk
- sunflower seeds
- Vegetarian: Bread or Gluten Free Bread for Breadcrumbs

### **Condiments**

- Tamari
- Olive Oil
- Balsamic Vinegar
- Dijon Mustard
- Peanut Butter
- Honey or Maple Syrup (local available at Old Barn Hollow, OMG Health Foods, Real Food Co-op, Greenstar Co-op, People's Market, The Piggery)
- Miso Paste (available at Greenstar Co-op, Real Food Co-op, Down to Earth, OMG Health Food, Mother Earth Health Foods, Green Planet Grocery)

### **Dairy**

- Parmesan
- Sharp Cheddar
- goat cheese
- butter



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### Produce

- 1 Lemon
- 1 Lime
- Garlic
- Onion
- ginger

### Spices

- Cumin
- Coriander
- Turmeric
- Cayenne
- Salt + Pepper

### Protein

- Omnivore: Whole Chicken (Local available at OMG Health Food, Old Barn Hollow, Greenstar Co-op, The Piggery)
- Omnivore: Sausage (Local available at OMG Health Food, Old Barn Hollow, Greenstar Co-op, The Piggery)
- Vegetarian: Tempeh
- Vegetarian: Tofu (Local available at OMG Health Food, Old Barn Hollow, Greenstar Co-op, The Piggery)
- Eggs Local available at OMG Health Food, Old Barn Hollow, Greenstar Co-op, The Piggery)