



Week 2 Shopping List

Packaged Goods

- Pasta or Gluten Free Pasta
- Vegetarian: Bread or Gluten Free Bread for Bread Crumbs
- Spring Roll Wrappers
- Rice Noodles
- Coconut Milk
- Sunflower Seeds
- Cornmeal

Condiments

- Tamari
- Olive Oil
- Canola Oil
- 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)

Dairy

- Feta (for two recipes)
- Parmesan
- Sharp Cheddar
- Milk

Produce

- 1 Lemon
- 1 Lime



Week 2 Shopping List

- Garlic
- ginger

Spices

- Cumin
- Coriander
- Turmeric
- Cayenne
- Salt + Pepper
- Crushed Red Pepper (optional)

Protein

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