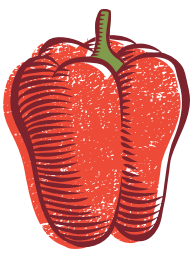


Week 6 Shopping List

Menu	Ingredients
Cobb Salad	Dairy: Blue Cheese, Egg
	Omnivore: Bacon Vegetarian: Smoked Tofu
	Pantry Items: Olive Oil, Apple Cider Vinegar
Spicy Escarole with Sausage or Chickpeas	Dry Goods: Bread crumbs
	Vegetarians: lemon
	Omnivores: dry-cured sausage like calabrese or soppressata, can diced tomatoes
	Pantry Items: olive oil, crushed red pepper, salt, pepper
Squash Ribbons with Basil & Pine Nuts Grilled Pepper Salad	Dairy: Feta Cheese
	Produce: Lemon, garlic
	Starch: serve with your favorite grain
	Dry Goods: Pine Nuts
Spicy Braised Cabbage Vegetarians: Bean Burgers Omnivores: Bratwurst	Produce: garlic
	Condiments: Tamari, apple cider Vinegar
	Pantry Items: Canola Oil, Salt + Pepper
	Vegetarians: beans, oats, egg, garlic
Red Fried Rice with Kale	Packaged Goods: Red Rice
	Produce: lime, edamame
	Pantry Items: Tamari, Sriracha Sauce



Week 6 Shopping List

Menu

Ingredients

Braised Fennel Pasta

Dry Goods: Spaghetti or Fettuccine, gluten free if necessary

Dairy: Parmesan

Pantry Items: Olive oil, crushed red pepper, garlic, salt, + pepper

Omnivore: Bacon

Vegetarian: Butter

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)