

Week 4 Shopping List

Menu

Ingredients

Scallion Salad with Sesame Dressing

Omnivore
add grilled chicken or fish

Condiments: Toasted Sesame Oil, Rice Vinegar, Tamari

Packaged Items: Maple Syrup

Omnivore: Chicken or Fish **Vegetarian:** Smoked Tofu

Pantry Items: Canola Oil, Dried Ginger

Parsnip Fritters with Sauted Swiss Chard w/ Pumpkin Seeds & Cranberries

Condiments: Mayonnaise, horseradish

Produce: lemon

Packaged Items: eggs, dried cranberries, pumpkin seeds

Pantry Items: Flour (GF if necessary), baking powder, salt + pepper

apple cider vinegar, baking powder, salt + pepper

Stir-Fry

Condiments: Tamari, Rice Vinegar

Produce: lime (optional), garlic, ginger

Protein: Chicken, fish, beef, pork, or tofu if desired

Starch: stir-fry noodles or rice

Pantry Items: High Heat cooking oil like canola

Omnivore: Roasted Sausage & Fennel with Basil

Protein: Sausage

Pantry Items: Olive Oil, Salt + Pepper

Vegetarian: Fennel Farro Salad

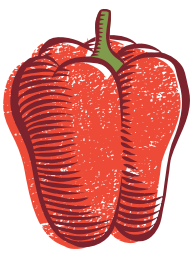
Packaged Goods: Farro, Whole Spelt, or Short Grain Brown Rice (GF)

Produce: lemon

Dairy: Parmesan

Starch: stir-fry noodles or rice

Pantry Items: Olive Oil, Red Wine Vinegar, Salt + Pepper



Week 3 Shopping List

Menu

Ingredients

Pulled Pork or Bean Burgers with Kale

Produce: Garlic

Omnivore: Pork Shoulder, Olive Oil, Honey, Cayenne, Paprika, Red Wine Vinegar

Vegetarian: Beans, Egg, Quick Oats

Pantry Items: Salt, + Pepper

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)