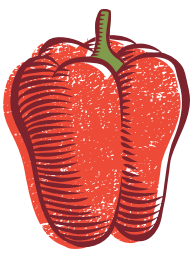


Week 6 Shopping List

| 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 |
| Cilantro Peanut Slaw Vegetarians: Bean Burgers Omnivores: Bratwurst | Dry Goods: Peanuts |
| | Condiments: Tamari, Maple Syrup, Rice Vinegar, Toasted Sesame Oil |
| | 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)