

# 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

**Condiments:** Mayonnaise, horseradish

**Produce:** lemon

**Packaged Items:** eggs

**Pantry Items:** Flour (GF if necessary), 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

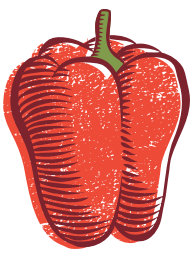
**Packaged Goods:** Farro, Whole Spelt, or Short Grain Brown Rice (GF)

**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**

**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)