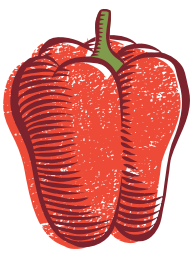


Week 6 Shopping List

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
Produce: garlic	
Yellow Squash Red Curry	Condiments: Fish Sauce, Red Curry Paste
	Protein: Chicken, shrimp, or tofu if desired
	Starch: rice
	Pantry Items: High Heat cooking oil like canola, sugar
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
Omnivores: bratwurst	
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)