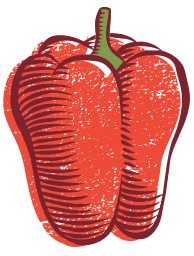


Week 7 Shopping List

Menu	Ingredients
Beets, Walnut, & Goat Cheese Salad	Condiments: White Wine Vinegar
	Dairy: Goat Cheese
	Packaged Items: Walnuts
	Pantry Items: Olive Oil, Salt, Pepper
Sichuan Eggplant	Condiments: Chili Paste with Soybean or Black Bean, tamari
	Produce: garlic, ginger
	Packaged Items: rice
	Pantry Items: Canola Oil, Red Wine Vinegar, Toasted Sesame Oil, sugar, salt
Creamy Slaw with Feta Cheese & Cucumber Dill Salad Lemon Salmon or Lemon Tempeh	Dairy: Feta Cheese, plain yogurt
	Produce: lemon
	Protein: Salmon or Tempeh
	Pantry Items: Olive Oil, salt + pepper
Smoky Kale Salad	Refrigerated: Eggs
	Produce: lemon
	Condiments: Sherry Vinegar, Smoked paprika
	Packaged Items: Slivered Almonds
Summer Squash Parmesan	Packaged Goods: Flour, Breadcrumbs or Bread to make breadcrumbs, Tomatoes
	Produce: garlic
	Dairy: Parmesan
	Refrigerated: eggs
Pantry Items: Olive Oil, Red Wine, Salt+ Pepper	



Week 7 Shopping List

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)