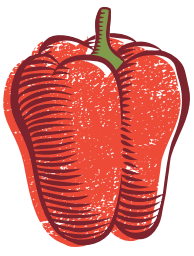


Week 8 Shopping List

| Menu | Ingredients |
|---|---|
| Butter Braised Beets & Carrots | Pantry Items: Butter, dried dill, salt + pepper |
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| Summer Squash Fritters | Condiments: Mayonnaise |
| | Produce: lemon |
| | Packaged Items: eggs |
| | Pantry Items: Flour (GF if necessary), baking powder, salt + pepper |
| Strip Steak or Grilled Portobello Mushroom Salad | Vegetarian: Portobello Mushrooms, Tamari |
| | Omnivore: Strip Steak |
| | Dairy: blue cheese |
| | Pantry Items: Olive oil, Balsamic Vinegar, Salt + Pepper |
| Cucumber Peanut Salad with Spicy Kale & Lemon served with Rice | Packaged Goods: Toasted unsalted peanuts, toasted sesame oil, honey |
| | Produce: lemon, lime |
| | Pantry Items: Canola Oil, Crushed Red Pepper, Rice Vinegar |
| | Olive Oil, Salt + Pepper |
| Beans and Greens | Packaged Goods: Dried Beans, Scarlet Runner or white beans like cannellini |
| | Pantry Items: Olive Oil, Salt + Pepper |
| | |
| | |



Week 8 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)