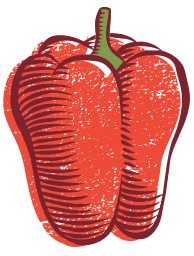


Week 12 Shopping List

Menu	Ingredients
Mizuna Dinner Salad	Dry Goods: Nuts or Seeds, Dried Fruit
	Protein: Grilled Chicken, Fish, or Beans
	Dairy: if desired
	Pantry Items: Olive Oil, Vinegar, Dijon Mustard, Salt, Pepper
Carrot Tomato Soup	Starch: White Rice
	Dairy: butter
	Produce: garlic, thyme
	Pantry Items: Balsamic Vinegar, Olive Oil, Salt, Pepper
Chicken Tacos or Carrot Enchiladas	Ominivore: Whole Pasture Raised Chicken, cumin, coriander, chili powder
	Vegetarian: Tomatillos, feta
	Packaged Goods: corn tortillas
	Pantry Items: olive oil, salt + pepper, cumin, coriander, chili powder
Arugula White Pizza	Dairy: Fresh Mozzarella And/Or Ricotta Cheese, Parmesan
	Packaged Goods: white whole wheat flour or gluten free crust, dry active yeast
	Pantry Items: Olive oil, sugar, salt
	Produce: lemon
Red Lentil Collard Green Stew	Packaged Goods: red lentil, tabasco sauce
	Dairy: greek yogurt
	Pantry Items: Olive Oil, Salt + Pepper, red wine vinegar
	Produce: garlic



Week 12 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)