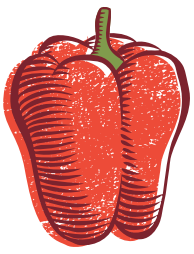


# Week 10 Shopping List

Menu	Ingredients
<b>Taco Salad with Grass-fed Beef or Black Beans</b>	<b>Vegetarian:</b> Black beans, canned or dried
	<b>Ominvore:</b> Grass-fed Ground Beef
	<b>Dairy:</b> white cheddar
	<b>Packaged Items:</b> corn tortillas (check label for GF if necessary)
	<b>Pantry Items:</b> Olive oil, Cumin, Coriander, CayennPepper, Salt + Pepper
<b>Local Burgers or Bean Burgers with Kale</b>	<b>Omnivores:</b> Grass-fed Burgers or Ground Beef
	<b>Vegetarian:</b> Beans, Oats, Egg
	<b>Pantry Items:</b> olive oil, salt + pepper
<b>Carrot Fritters with Dill Yogurt Sauce</b>	<b>Dairy:</b> Plain Yogurt
	<b>Packaged Items:</b> eggs, chickpea or garbanzo bean flour, smoked paprika
	<b>Produce:</b> lemon
	<b>Pantry Items:</b> olive oil, baking powder, cumin, salt + pepper
<b>Summer Squash Frittata</b>	<b>Packaged Items:</b> Eggs
	<b>Dairy:</b> butter, milk
	<b>Pantry Items:</b> Salt, pepper
<b>Cucumber Tzatziki Sauce</b>	<b>Omnivores:</b> chicken for grilling <b>Vegetarains:</b> tofu or white beans
	<b>Produce:</b> garlic
	<b>Dairy:</b> plain greek yogurt
	<b>Pantry Items:</b> salt+ pepper



# Week 10 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)