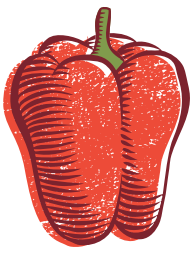


Week 9 Shopping List

Menu	Ingredients
Dinner Salad	Protein: Vegetarian protein, chicken, fish or steak
	Dairy: cheese if desired
	Packaged Items: nuts, seeds or dried fruit
	Pantry Items: Olive oil, Vinegar, Dijon Mustard, Salt + Pepper
Garlic Kale Pasta	Omnivores: Bacon
	Dairy: Feta Cheese
	Produce: garlic
	Packaged Items: pasta (gf if necessary)
	Pantry Items: olive oil, salt + pepper
Cucumber Tahini Salad	Comdiments: Tahini
	Pantry Items: Apple Cider Vinegar, Cumin, salt + pepper
Ginger Scallion Stir-fry with Pork or Tofu	Protein: Pasture Raised Pork Chops or Organic Tofu
	Produce: ginger, lime (optional)
	Pantry Items: Canola Oil, Soy Sauce or Gluten Free Tamari, Rice Vinegar
Summer Squash Tian	Packaged Goods: bread for breadcrumbs or panko, sun-dried tomatoes
	Produce: rosemary
	Pantry Items: Olive Oil, White Wine for cooking, curry powder, Salt + Pepper



Week 9 Shopping List

Menu

Ingredients

Pickled Beets

Condiments: rice vinegar

Pantry Items: Sugar, Salt

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)