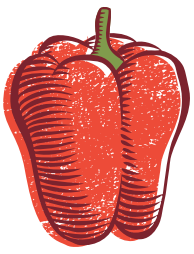


Week 9 Shopping List

Menu	Ingredients
Strip Steak Salad or Portobello Mushroom Salad	Vegetarian: Portobello Mushrooms, Tamari
	Ominvore: Strip Steak
	Dairy: blue cheese
	Pantry Items: Olive oil, Balsamic Vinegar, Salt + Pepper
Garlic Kale Pasta	Omnivores: Bacon
	Dairy: Feta Cheese
	Produce: garlic
	Packaged Items: pasta (gf if necessary)
	Pantry Items: olive oil, salt + pepper
Grilled Eggplant with Fresh Mozzarella	Dairy: Mozzarella
	Pantry Items: olive oil, 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

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)