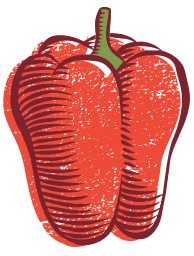


Week 16 Shopping List

Menu	Ingredients
Caldo Verde	Packaged Goods: chicken or vegetable stock
	Omnivore: chorizo
	Vegetarian: smoked paprika
	Pantry Items: olive oil, salt, and pepper
Delicata Squash Panzanella	Dry Goods: bread
	Produce: fresh sage
	Dairy: parmesan
	Pantry Items: Red Wine vinegar, Dijon Mustard, Olive Oil, Salt + Pepper
Stir-fry	Packaged Goods: noodles or rice
	Protein: your choice
	Produce: garlic, ginger
	Pantry Items: Tamari, Rice Vinegar, Canola Oil
Dinner Salad with Balsamic Vinaigrette	Produce: garlic, thyme or dried thyme, lemon
	Pantry Items: Olive Oil, Balsamic Vinegar, dijon mustard, salt + pepper
	Salad Additions: cheeses, nuts and/or seeds, olives, capers, etc.
Hakurei Turnip Farro Salad	Packaged Goods: Farro (sub short grain brown rice for GF)
	Produce: fresh thyme and parsley
	Pantry Items: Olive oil, Red wine vinegar, Dijon Mustard, Salt + Peppers



Week 16 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)