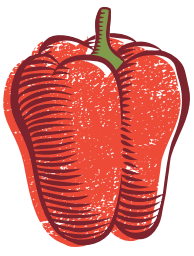


Week 17 Shopping List

Menu	Ingredients
Garlic Kale Pasta	Dry Goods: 12 oz package pasta GF if necessary
	Dairy: feta
	Produce: garlic
	Pantry Items: olive oil, salt, pepper
	Omnivores: bacon
Delicata Squash Hash with Radish Salad	Protein: 1/2 lb sausage or tempeh
	Produce: apple, lemon
	Pantry Items: Olive Oil, Salt + Pepper, almonds, dijon mustard, honey
Maple Glazed Acorn Squash and Roasted Chicken or Grilled Tofu	Dairy: butter
	Omnivore: 1 pasture raised chicken
	Pantry Items: Maple Syrup, Cinnamon, Olive oil, Cayenne, Salt and Pepper
	Vegetarian: tamari, toasted sesame oil, rice vinegar, garlic,
Beet & Arugula Salad	Produce: lemon
	Dairy: Feta Cheese
	Pantry Items: sunflower seeds, olive oil, salt and pepper
Napa Cabbage Peanut Noodles	Packaged Goods: Peanut Butter, Maple Syrup, Red Curry Paste
	rice vinegar, toasted sesame oil, stir-fry noodles
	Produce: ginger, garlic, lime
	Pantry Items: Tamari or Shoyu Soy Sauce



Week 17 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)