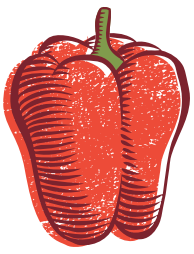


Week 21 Shopping List

Menu	Ingredients
Maple Roasted Acorn Squash Farro Salad	Dry Goods: Spelt, Farro, or Gluten Free Grain
	Produce: lemon
	Dairy: goat cheese or feta
	Pantry Items: Olive oil, salt, pepper, maple syrup
Butternut Squash Chili	Packaged Goods: vegetable stock, crushed tomatoes, diced tomatoes
	black beans
	Produce: garlic, onion
	Pantry Items: Chili powder, cumin, cayenne, Olive Oil, Salt + Pepper
Omnivore Fennel Crusted Pork Chops with Parsnips	Packaged Goods: Fennel Seeds, paprika
	Produce: onions, garlic, parsley
	Pantry Items: Red Wine Vinegar, Canola Oil, Salt, Pepper
Vegetarian: Baked Tofu with Parsnip Fries	Produce: garlic, ginger
	Pantry Items: Tamari, toasted sesame oil, maple syrup, olive oil, salt + pepper
	Protein: tofu
Crispy Egg with Greens on Toast	Packaged Goods: Bread
	Protein: eggs
	Produce: garlic
	Pantry Items: Oil, crushed red pepper, butter



Week 21 Shopping List

Miso Maple Roasted Root Vegetables

Packaged goods: miso, tamari

Pantry Items: Olive oil, maple syrup, butter, rice or apple cider vinegar

Optional: protein like salmon, sausage, chicken, tofu, or chickpeas

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)