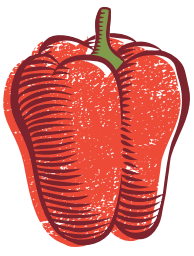


# Week 1 Shopping List

Menu	Ingredients
<b>Lettuce Wraps with Pink Hummus and Pickled Beets</b>	<b>Optional:</b> extra toppings for wraps
	<b>Packaged Items:</b> Chickpeas, Tahini
	<b>Produce:</b> garlic, lemon
	<b>Pantry Items:</b> olive oil, ground cumin, salt and pepper
<b>Spinach Pesto Flatbread</b>	<b>Dairy:</b> Fresh Mozzarella, parmesan
	<b>Produce:</b> lemon, garlic
	<b>Packaged Items:</b> flour, yeast
	<b>Pantry Items:</b> Olive oil, salt, sugar
<b>The Bok Choy Wedge</b>	<b>Produce:</b> lemon, shallot
	<b>Omnivore:</b> Bacon
	<b>Vegetarian:</b> shitake mushrooms, olive oil, tamari or shoyu soy sauce
	<b>Pantry Items:</b> Dijon mustard, Red Wine vinegar, honey, salt, pepper
<b>Omnivore: Cider Marinated Pork Chops with Wilted Greens</b>	<b>Protein:</b> Thick cut pasture raised pork chops
	<b>Produce:</b> garlic
	<b>Alcohol:</b> Dry Hard Cider like Good Life Farm's Workhorse
	<b>Pantry Items:</b> dried rosemary, olive oil, salt, and pepper
<b>Vegetarian: Cider Marinated Tempeh with Wilted Greens</b>	<b>Protein:</b> 8 oz package of tempeh
	<b>Produce:</b> garlic, ginger
	<b>Alcohol:</b> Dry Hard Cider like Good Life Farm's Workhorse
	<b>Pantry Items:</b> tamari or shoyu soy sauce, dried rosemary, olive oil, salt, and pepper



# Week 3 Shopping List

## Menu

## Ingredients

**Kale  
Mac & Cheese**

**Dairy:** whole milk, white cheddar, parmesan, butter

**Dry Goods:** baguette, tube shaped pasta of your choice or GF alternative

**Pantry Items:** Flour, mustard powder, cayenne, Salt + Pepper

**Local Sources:** CSA+ (organic meat, cheese, yogurt, pickles, bread, and more ash shares or a la carte items), **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) **People's Market** (local products: eggs, honey, maple syrup, meat), **Ithaca Coffee Company** (cheese, gourmet grocery, some local products)