



## Week 1 Shopping List

### **Packaged Goods**

- Rice Stir-Fry Noodles
- pumpkin seeds
- baguette or gluten free bread for croutons
- Oats
- Flour or Gluten Free flour
- Brown Sugar
- Sugar
- Oil packed anchovy (optional)
- Red Lentils
- Rice
- Capers
- Vegetable Stock (optional, you can use water for the curry)
- 1 lb pasta or Gluten Free Pasta (GF pasta is available at Real Food Co-op, Green Planet Grocery, Mother Earth Health Foods, Greenstar Co-op, Down to Earth, OMG Health Food)

### **Condiments**

- Tamari
- Olive Oil
- Dijon Mustard
- Miso Paste (available at Greenstar Co-op, Real Food Co-op, Down to Earth, OMG Health Food, Mother Earth Health Foods, Green Planet Grocery)
- Mayonnaise
- Worcestershire (optional or vegetarian version)
- Honey (local available at Greenstar Co-op, Real Food Co-op, OMG Health Food, & Old Barn Hollow)



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- Apple Cider Vinegar (Local available at Old Barn Hollow)
- Red Wine Vinegar

### **Dairy**

- Butter
- Parmesan or Pecorino

### **Produce**

- Lemon
- Garlic
- Onion
- Ginger (can sub dried, powdered ginger)
- Apple
- Thyme (one bunch will work for slaw dressing and chicken if using omnivore meal plan)

### **Spices**

- Curry Powder
- Turmeric
- Cayenne Pepper
- Salt + Pepper

### **Protein**

- Vegetarian Meal Plan - Tofu (Local available at Old Barn Hollow, Real Food Co-op, Greenstar Co-op, & OMG Health Food)
- Omnivore Meal Plan - Split Chicken Breasts (Local available at OMG Health Food, Old Barn Hollow, Greenstar Co-op)