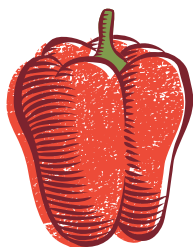


Week 3 Shopping List

Menu	Ingredients
White Bean, Kohlrabi, & Escarole Soup	Produce: Garlic
	Packaged Items: Chicken or Vegetable Stock, White Beans,
	Diced Tomatoes
	Pantry Items: Olive Oil, Salt, + Pepper
Omnivore: Salmon with Kale Pesto	Protein: Salmon (roughly 1/2 pound per person)
	Packaged Goods: Pumpkin Seeds
	Dairy: Parmesan Cheese
	Pantry Items: Olive Oil, Salt + pepper
Vegetarian: Kale Slaw with Goat Cheese	Produce: Lemon
	Packaged Goods: Sunflower Seeds
	Dairy: Goat Cheese
	Pantry Items: Olive Oil, Mayonnaise, Dried Thyme, Apple Cider Vinegar, Salt + pepper
Parsnip Hummus Serve with olives, hummus, Cheese, and pita Omnivore add grilled chicken	Condiments: Tahini
	Produce: lemon, garlic
	Packaged Items: olives, hummus, cheese
	Omnivore: Grilled Chicken
Pickled Hakurei Turnips Omnivore: Local Grass-fed Burgers Vegetarian: Veggie Burgers	Pantry Items: Olive Oil, Coconut Oil, Cumin, Coriander, Crushed Red Pepper
	Condiments: Rice Vinegar, Sugar
	Pantry Items: Salt
	Omnivore: Local Grass-fed Beef + Burger Fixings
Vegetarian: Veggie Burgers + Burger Fixings	



Week 3 Shopping List

Menu

Ingredients

Celeriac Remoulade

Produce: Lemon

Pantry Items: Dijon Mustard, Mayonnaise, Salt, + Pepper

Protein to Grill

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)