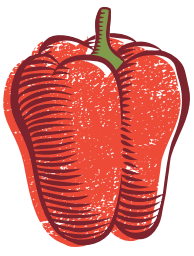


Week 8 Shopping List

Menu	Ingredients
Dinner Salad	Protein: Vegetarian protein, chicken, fish or steak
	Dairy: cheese if desired
	Packaged Items: nuts, seeds or dried fruit
	Pantry Items: Olive oil, Vinegar, Dijon Mustard, Salt + Pepper
Summer Squash Fritters	Condiments: Mayonnaise
	Produce: lemon
	Packaged Items: eggs
	Pantry Items: Flour (GF if necessary), baking powder, salt + pepper
Butter Braised Beets & Carrots	Dairy: Butter
	Pantry Items: salt + pepper
Cucumber Peanut Salad with Tofu or Chicken Satay	Packaged Goods: Toasted unsalted peanuts, toasted sesame oil, brown sugar
	coconut milk, soy sauce,
	Produce: ginger, shallot, lime
	Pantry Items: Canola Oil, Crushed Red Pepper, Rice Vinegar
Vegetarians: Tofu Omnivores: Chicken	
Creamed Swiss Chard & Spring Onion Pasta	Dairy: Parmesan, Milk
	Packaged Goods: Pasta
	Pantry Items: Flour, Salt + Pepper



Week 8 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)