



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 Butter, , salt + pepper
Cucumber Peanut Salad with Miso Glazed Eggplant served with Rice	Packaged Goods: Toasted unsalted peanuts, toasted sesame oil, Miso
	Produce: lime
	Pantry Items: Canola Oil, Crushed Red Pepper, Rice Vinegar, sugar
	Olive Oil, Salt + Pepper
Creamed Swiss Chard & Spring Onion Pasta	Dairy: Parmesan, Milk
	Packaged Goods: Pasta (GF if necessary)
	Pantry Items: Flour (GF if necessary), Salt + Pepper