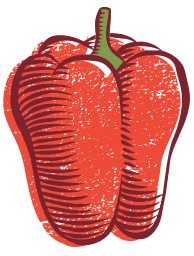


# Week 10 Shopping List

| Menu  | Ingredients   |
|---|---|
| <b>Taco Salad with Grass-fed Beef or Black Beans</b>  | <b>Vegetarian:</b> Black beans, canned or dried                               |
|   | <b>Ominvore:</b> Grass-fed Ground Beef  |
|   | <b>Dairy:</b> white cheddar   |
|   | <b>Packaged Items:</b> corn tortillas (check label for GF if necessary)       |
|   | <b>Pantry Items:</b> Olive oil, Cumin, Coriander, CayennPepper, Salt + Pepper |
| <b>Local Burgers or Bean Burgers with Swiss Chard</b> | <b>Omnivores:</b> Grass-fed Burgers or Ground Beef                            |
|   | <b>Vegetarian:</b> Beans, Oats, Egg   |
|   | <b>Pantry Items:</b> olive oil, salt + pepper                                 |
|   |   |
|   |   |
| <b>Carrot Fritters with Dill Yogurt Sauce</b>         | <b>Dairy:</b> Plain Yogurt  |
|   | <b>Packaged Items:</b> eggs, chickpea or garbanzo bean flour, smoked paprika  |
|   | <b>Produce:</b> lemon   |
|   | <b>Pantry Items:</b> olive oil, baking powder, cumin, salt + pepper           |
|   |   |
| <b>Summer Squash Frittata</b>                         | <b>Packaged Items:</b> Eggs   |
|   | <b>Dairy:</b> butter, milk  |
|   | <b>Pantry Items:</b> Salt, pepper   |
|   |   |
|   |   |
| <b>Eggplant Baked Orzo</b>                            | <b>Packaged Goods:</b> orzo (GF if necessary or brown rice), kalamata olives  |
|   | <b>Produce:</b> garlic  |
|   | <b>Dairy:</b> feta  |
|   | <b>Pantry Items:</b> Olive Oil, salt + pepper                                 |
|   |   |



# Week 10 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)