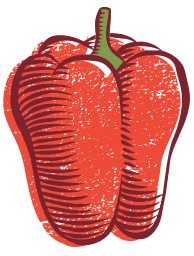


Week 12 Shopping List

Menu	Ingredients
Summer Vegetable Miso Noodle Soup	Dry Goods: 8 oz package udon, soba, or rice noodles
	Refrigerated Goods: Miso Paste
	Produce: garlic, ginger
	Pantry Items: Tamari, Sriracha hot sauce
Eggplant Baked Orzo	Packaged Goods: Orzo, gluten free orzo if desired, kalamat olives
	Dairy: feta cheese
	Produce: garlic
	Pantry Items: Olive Oil, Salt, Pepper
Chicken Tacos or Carrot Enchiladas	Ominivore: Whole Pasture Raised Chicken, cumin, coriander, chili powder
	Vegetarian: Tomatillos, feta
	Packaged Goods: corn tortillas
	Pantry Items: olive oil, salt + pepper, cumin, coriander, chili powder
	Produce: garlic
Thai Peanut Salad	Dairy: Fresh Mozzarella And/Or Ricotta Cheese, Parmesan
	Frozen: whole edamame
	Produce: garlic, ginger
	Pantry Items: Peanut butter, sesame oil, rice vinegar
Stir-Fry	Packaged Goods: noodles or rice
	Protein: tofu, tempeh, chicken, shrimp, or beef if desired
	Pantry Items: Canola Oil, Tamari or Shoy Soy Sauce, Rice Vinegar
	Produce: garlic, ginger



Week 12 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)