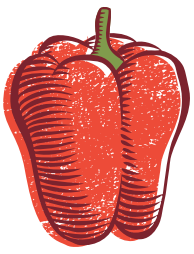


# Week 12 Shopping List

Menu	Ingredients
<b>Summer Vegetable Miso Noodle Soup</b>	<b>Dry Goods:</b> 8 oz package udon, soba, or rice noodles
	<b>Refrigerated Goods:</b> Miso Paste
	<b>Produce:</b> garlic, ginger
	<b>Pantry Items:</b> Tamari, Sriracha hot sauce
<b>Thai Peanut Salad</b>	<b>Dairy:</b> Fresh Mozzarella And/Or Ricotta Cheese, Parmesan
	<b>Frozen:</b> whole edamame
	<b>Produce:</b> garlic, ginger
	<b>Pantry Items:</b> Peanut butter, sesame oil, rice vinegar
<b>Chicken Tacos or Carrot Enchiladas</b>	<b>Ominivore:</b> Whole Pasture Raised Chicken, cumin, coriander, chili powder
	<b>Vegetarian:</b> Tomatillos, feta
	<b>Packaged Goods:</b> corn tortillas
	<b>Pantry Items:</b> olive oil, salt + pepper, cumin, coriander, chili powder
<b>Cilantro Tzatziki Sauce</b>	<b>Serve with:</b> Pita or GF Pita, kalamata olives, grilled chicken, feta cheese, tomato, etc.
	<b>Dairy:</b> greek yogurt
	<b>Produce:</b> garlic, lime
	<b>Pantry Items:</b> Salt, Pepper
<b>Stir-Fry</b>	<b>Packaged Goods:</b> noodles or rice
	<b>Protein:</b> tofu, tempeh, chicken, shrimp, or beef if desired
	<b>Pantry Items:</b> Canola Oil, Tamari or Shoy Soy Sauce, Rice Vinegar
	<b>Produce:</b> 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)