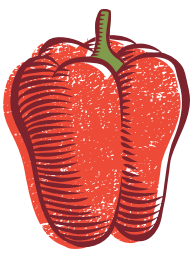


Week 13 Shopping List

Menu	Ingredients
Omnivore: Tomato Bacon Pasta with Simple Salad	Dry Goods: 12 oz package fettuccine, GF if necessary
	Produce: garlic
	Meat: bacon
	Pantry Items: red wine, crushed red pepper
Vegetarian: Tomato Garlic Pasta with Simple Salad	Dry Goods: 12 oz package fettuccine, GF if necessary
	Produce: garlic
	Pantry Items: Olive Oil, Salt + Pepper
Kohlrabi Fritters with Dill Yogurt Sauce	Packaged Goods: Flour, GF If necessary, eggs
	Dairy: Greek yogurt
	Produce: garlic
	Pantry Items: Baking Powder, Olive Oil, Salt, Pepper
Red Pepper & Potato Hash with Kale	Produce: garlic, thyme or dried thyme
	Pantry Items: Cayenne pepper, olive oil, salt + pepper
	Protein: sausage or vegetarian sausage, tofu, or tempeh
Chicken or Tofu Satay with Bok Choy Slaw	Packaged Goods: Peanut Butter, Coconut Milk, Maple Syrup, Red Curry Paste
	Protein: tofu or boneless skinless chicken breasts or thighs
	Produce: ginger, shallot, lime
	Pantry Items: Tamari or Shoyu Soy Sauce



Week 13 Shopping List

Cured Beet Sandwiches with Cabbage Slaw

Sandwich Ingredients: bread, goat cheese, sandwich fixings

Produce: garlic

Pantry Items: Olive oil, black pepper, salt, smoked paprika, ground coriander

Slaw Ingredients

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)