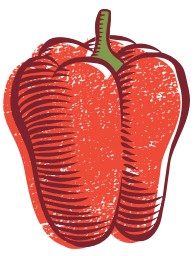


Week 13 Shopping List

Menu	Ingredients
Omnivore: Tomato Bacon Pasta	Dry Goods: 12 oz package fettucine, GF if necessary
	Produce: garlic
	Meat: bacon
	Pantry Items: red wine, crushed red pepper
Omnivore: Tomato Bacon Pasta	Dry Goods: 12 oz package fettucine, GF if necessary
	Produce: garlic
	Pantry Items: Olive Oil, Salt + Pepper
Black Bean & Cabbage Crispy Tacos	Packaged Goods corn tortillas
	Dairy: feta cheese
	Produce: lime, garlic
	Pantry Items olive oil, salt, cumin, coriander
Red Pepper and Tomato Hash with Kale	Produce: thyme or dried thyme
	Pantry Items: Cayenne pepper, olive oil, salt + pepper
Cobb Salad with Creamy Dill Dressing	Refrigerated: Blue Cheese, eggs, yogurt or sour cream
	Packaged Goods: mayonnaise
	Produce: garlic, avocado
	Pantry Items Worcestershire Sauce or Tamari, Salt + pepper



Week 13 Shopping List

Cured Beet Sandwiches with	Sandwich Ingredients : bread, goat cheese, sandwich fixings
	Produce: garlic
	Pantry Items Olive oil, black pepper, salt, smoked paprika, ground coriander

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)