

DAILY MENU & SHOPPING LIST



Day 1 - Shepherd's Pie

Day 2 - Roasted Chicken

Day 3 - Spaghetti

Day 4 - Chicken Pot Pie

Day 5 - Chicken & Rice Soup

Day 6 - Lasagna

PRODUCE:

6 apples
½ pt strawberries
1 lemon
4 stalks broccoli
1 bunch celery
2 red bell peppers
2 bunches spinach
1 head cauliflower
7 carrots
4 cucumbers
1 bunch flat-leaf parsley
2 leeks
2 heads lettuce
1 ½# mushrooms
1 pt cherry tomatoes
1 head garlic
5 onions
6 potatoes

BULK:

5 tsp dried basil
3 bay leaves
¼ tsp cinnamon
¼ tsp dill weed
⅓ tsp garlic powder
1 tsp garlic salt

1 Tbsp Italian seasoning
1 tsp marjoram
2 tsp oregano
7 tsp paprika
¾ tsp pepper
½ tsp white pepper
½ tsp sage
3 Tbsp sea salt
½ tsp thyme
½ tsp tofu seasoning
3 Tbsp vegetable broth powder
1 Tbsp liquid aminos (or tamari)
2 tsp Dijon mustard
½ cup mayonnaise
½ cup flour
1 ¼ cups raisins
4 servings spaghetti noodles
7 tsp sugar
½ cup sunflower seeds
½ cup peanut butter
¼ cup honey
½ cup olive oil
1 cup rice (any variety)
3 Tbsp brown rice vinegar

2 Tbsp red wine vinegar

GROCERY:

1 loaf bread
2-28 oz cans tomato sauce
2-28 oz cans fire roasted tomatoes
1-6 oz can tomato paste
1 bottle salad dressing
2 pie crusts
500 ml white wine
12 oz lasagna noodles
1 can green beans (or ½# fresh)
16 oz frozen peas

MEAT & DELI:

12 oz pkg bacon
1 whole chicken
3# ground beef
4 oz cheddar cheese
12 oz mozzarella cheese
1 ½ cups Parmesan cheese

DAIRY:

1# butter
½ pt sour cream
1 pt cottage cheese

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