

DAILY MENU & SHOPPING LIST



Day 1 - Beef Enchiladas

Day 2 - Baked Chicken

Day 3 - Pan-fried Falafel

Day 4 - Chicken & Rice Salad

Day 5 - Mexicali Skillet

Day 6 - Super Speedy Pasta

PRODUCE:

2 onions

1 red bell pepper

1 head lettuce

3 cucumbers

6 Yukon Gold potatoes

2 limes

1 lemon

2 stalks broccoli

1 head garlic

6 carrots

1 apple

BULK:

8 oz. elbow macaroni

¾ cup falafel mix

1 cup basmati rice

6 Tbsp. sliced almonds

½ cup salsa

¼ cup raisins

¼ cup balsamic vinegar

2 tsp. granulated garlic

1 tsp. basil

1½ tsp. chili powder

¼ tsp. ground cumin

1 cup olive oil

½ tsp. oregano

1 tsp. paprika

½ tsp. black pepper

⅛ tsp. white pepper

⅛ tsp. chili flakes

2 Tbsp. sea salt

1 Tbsp. tamari

1 cup frozen corn

1 Tbsp. dried parsley

GROCERY:

1 bottle salad dressing

1-15 oz. can tomato sauce

1 can tuna

1-4 oz. can mild green chiles

2-14.5 oz. cans green beans

1 pkg. corn tortillas

1 container *Co-op Kitchen*

Classic Hummus

MEAT & DELI:

1 lb. ground beef

3 chicken breasts

DAIRY & CHEESE:

1 lb. butter

8 oz. cheddar cheese

¼ cup Parmesan, grated

1 pt. sour cream

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