

# DAILY MENU & SHOPPING LIST



Day 1 - Tofu Crunch Salad

Day 2 - Mom's Meatloaf

Day 3 - Mushroom Stroganoff

Day 4 - Shepherd's Pie

Day 5 - Spicy Yamcakes & Ham

Day 6 - Cornbread Hot Dish

## PRODUCE

1 cucumber  
1 head lettuce  
½ small head cabbage  
1 bunch green onions  
2 onions  
2 medium stalks  
broccoli  
3 lbs potatoes (Russet  
or Yukon Gold)  
6 carrots  
1 bell pepper  
¾ lb garnet yams  
2 apples  
1 orange  
2 sticks celery  
1 bunch thyme  
2 medium shallots  
½ lb portabellas  
½ lb criminis  
¼ lb shiitakes  
1 head garlic

## BULK

¼ cup sesame seeds  
1 cup oats

2 Tbsp all-purpose flour  
6 oz pasta for stroganoff  
1 cup cornmeal  
1 cup masa flour  
¼ cup garbanzo flour  
¼ cup brown sugar  
1 cup frozen corn  
2 Tbsp brown rice  
vinegar  
1 Tbsp toasted  
sesame oil  
5 Tbsp maple syrup  
3 Tbsp tamari  
¼ cup ketchup  
1 block tofu  
1 cup olive oil  
1 tsp dry mustard  
½ tsp pepper  
¼ cup Toby's Tofu  
Seasoning  
1 tsp paprika  
½ tsp cumin  
⅛ tsp red pepper flakes  
1 Tbsp baking powder

4 tsp sea salt  
2 tsp chili powder  
¼ tsp cinnamon  
⅛ tsp nutmeg

## GROCERY

1 pkg Muruku noodles  
1-14 oz can Fire  
Roasted Tomatoes  
1 bottle salad dressing  
1 bottle Worcestershire  
sauce (optional)  
1 qt veggie stock  
1 small bottle red wine  
2 cans green beans

## MEAT

2 lbs ground beef  
1 slice Beeler ham

## DAIRY & CHEESE

1 lb butter  
2½ cups sour cream  
1 pt milk  
3 eggs  
4 oz. cream cheese

**First Alternative**  
NATURAL FOODS CO-OP

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