

DAILY MENU & SHOPPING LIST



Day 1 - Potato Turnovers

Day 2 - Fall Canapés

Day 3 - Garlic-Ginger Tofu

Day 4 - Autumn Ravioli

Day 5 - Vietnamese Soup

Day 6 - Poblano Rellenos

PRODUCE

1 bunch spinach
3 onions
1 red bell pepper
9 carrots
1 stalk broccoli
1 pear, any variety
1 bunch cilantro
1 bunch basil
1 cup bean sprouts
2 poblano peppers
1 lemon
1 bunch green onions
1 head lettuce
1 cucumber
1 garnet yam
1 parsnip
1 bunch beets
1 head garlic
1 med piece ginger

BULK

1 block tofu
½ cup hazelnuts

¼ cup dried cranberries
2½ cups flour
¼ cup raisins
½ cup walnuts
2 tsp baking powder
¾ cup olive oil
5 Tbsp tamari
1 Tbsp honey
1 tsp Dijon mustard
2 tsp sea salt
1 tsp peppercorns
¼ tsp cumin
¼ tsp dry mustard
1 cinnamon stick
2 whole cloves
1 tsp curry powder
4 star anise pods
½ tsp dill weed
6½ tsp brown rice vinegar
2 Tbsp mayonnaise
1 tsp sugar

GROCERY

1 pkg Sunluck Pad Thai rice sticks
1 pkg Butternut Squash Rising Moon Ravioli
1 loaf challah
1 pkg Tasty Bite Bombay Potatoes
32 oz beef broth
1 bottle salad dressing
1 can pineapple chunks

MEAT

½ lb sirloin tip steak
12 oz bacon

DAIRY & CHEESE

1 lb butter
1 pt milk
3 eggs
8 oz cream cheese
1 cup Romano, grated

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