

DAILY MENU & SHOPPING LIST



Day 1 - Creamy Lentil Stew

Day 2 - Mushrooms & Mac

Day 3 - Ginger Broccoli Tofu

Day 4 - Potato Fennel Soup

Day 5 - Hawaiian Handrolls

Day 6 - Balsamic Cabbage

PRODUCE:

1 head lettuce
1 cucumber
1 red bell pepper
2 onions
1 yam
4 large russet potatoes
1 head cabbage
16 crimini mushrooms
1 fennel bulb
1 grapefruit
1 navel orange
1 bunch green onions
1 head garlic
2 small avocados
1 leek
1" piece ginger
1 stalk broccoli
6 carrots
2 celery sticks

BULK:

1 cup green lentils
½ cup raisins
2 cups brown rice

1 cup sushi rice
4 sheets nori
½ cup tamari
¼ cup red miso paste
¾ cup olive oil
¼ cup balsamic vinegar
1 Tbsp brown rice vinegar
1 Tbsp white vinegar
1 Tbsp maple syrup
½ tsp dried oregano
2¼ tsp ground cumin
¼ tsp mild cayenne
5 tsp sea salt
½ tsp black pepper
¼ tsp onion powder
¼ tsp dried mint
3 Tbsp agave
5 Tbsp veggie broth powder
½ tsp garlic salt
⅛ tsp chili flakes
2 tsp cornstarch
1 Tbsp sesame seeds

½ Tbsp sugar
2 cups elbow macaroni
1 ½ Tbsp flour
1 block tofu
2 Tbsp mayonnaise
2 Tbsp sliced black olives

GROCERY:

1 pkg (9) Big River dinner rolls
1 jar wasabi powder
1 bottle salad dressing
10 oz pkg *Beyond Meat Beyond Beef Crumbles*

DELI & CHEESE:

1 cup grated Parmesan
4 oz cheddar cheese
8 oz cream cheese
1 small pkg *Co-op Kitchen Crispy Tofu Nuggets*

DAIRY:

1 lb butter
4 eggs
1 qt milk

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