

DAILY MENU & SHOPPING LIST



Day 1 - Rice Noodles & Peanut Sauce

Day 2 - Chef Salad

Day 3 - Chili Mac

Day 4 - Kedgeree

Day 5 - Hungarian Mushroom Soup

Day 6 - Stuffed Peppers

PRODUCE

2 bunches green onions
1 zucchini
3 large carrots
1 head cabbage (red or green)
1 bunch cilantro
1 large head lettuce
2 tomatoes
20 crimini mushrooms
2 cucumbers
2 onions
3 bell peppers
1-inch piece ginger
2 lemons
½ lb green beans
2 baking potatoes
1 head garlic

BULK

½ cup peanut butter
½ lb elbow macaroni
¼ cup sunflower seeds

¾ cup Baker's Choice flour
1 ½ cups white or brown jasmine rice
¾ cup frozen corn
½ cup sliced black olives
2 Tbsp olive oil
2 Tbsp veggie broth powder
1 ½ Tbsp tsp sea salt
½ tsp black pepper
1 ½ Tbsp tamari
¼ tsp red pepper flakes
1 Tbsp honey
1 Tbsp apple cider vinegar
2 Tbsp mayonnaise
½ Tbsp sugar
1 tsp chili powder
1 tsp ground cumin
1 tsp oregano
2 tsp dried dill
½ Tbsp paprika

2 tsp curry powder
1 ½ tsp baking powder
2 tsp dry mustard

DAIRY & CHEESE

1 lb butter
½ pt sour cream
½ lb cheddar cheese
1 pt milk
4 eggs

MEAT & DELI

1 lb ground beef
½ lb deli meat (turkey or ham)

GROCERY

1-14.5 oz can Muir Glen Fire Roasted Tomatoes
1 can tuna
1 bottle salad dressing (any variety)
1-8oz pkg Lotus Foods Rice Noodles

First Alternative
NATURAL FOODS CO-OP
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& 1007 SE Third St.