

DAILY MENU & SHOPPING LIST



Day 1 - Seasoned Pinto Beans

Day 2 - Homestyle Veggie Burgers

Day 3 - Basil Cheddar Frittata

Day 4 - Herbed Baked Chicken

Day 5 - Sautéed Beans & Greens

Day 6 - Chicken & Rice Salad

PRODUCE

2 carrots

1 head lettuce

6 mushrooms

6 medium potatoes

1 stick celery

3 onions

2 zucchini

1 head garlic

1 cucumber

1 bunch kale

1 tomato

1 orange

1 peach

1 apple

1 pt strawberries

BULK

3 Tbsp honey

¼ cup dried cranberries

1 cup cornmeal

1 ¼ cups garbanzo
bean flour

2 cups brown rice

½ cup pecans

½ cup sliced black
olives

½ cup oats

1 Tbsp cornstarch

3 Tbsp balsamic vinegar

5 tsp sea salt

¼ tsp black pepper

½ cup olive oil

1/8 tsp red pepper
flakes

1 tsp cumin

2 tsp oregano

1 tsp basil

1 tsp *Secret Aardvark*
hot sauce

1 Tbsp baking powder

½ tsp herbs de
Provence

2 tsp vinegar

1 Tbsp tamari

¾ cup mayonnaise

3 Tbsp mustard

½ tsp garlic granules

2 Tbsp veggie broth
powder

2 Tbsp ketchup

GROCERY

1 bottle salad dressing

2-14.5 oz cans green
beans

2-25 oz cans pinto
beans

1 jar dill pickles

MEAT & DELI

3 chicken breasts

2 hardboiled eggs

DAIRY & CHEESE

1 lb butter

6 eggs

1 pt milk

½ lb cheddar cheese

¼ lb mozzarella cheese

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