

DAILY MENU & SHOPPING LIST



Day 1 - Lentil Bolognese

Day 2 - Buddha Bowl

Day 3 - Salad Niçoise

Day 4 - Garbanzo Tikka Masala

Day 5 - Tuscan Pasta

Day 6 - Cashew Fried Rice

PRODUCE

1 large apple
1 avocado
2 stalks broccoli
1 head butter lettuce
3 carrots
1 head cauliflower
1 pt cherry tomatoes
2 cucumbers
4 cups green beans
1 red bell pepper
1 bunch green onions
1 bunch kale
2 lemons
1 onion
1 red onion
1 head garlic
6 crimini mushrooms
1 bunch mint
1 bunch parsley
3 med. yellow potatoes
2 large tomatoes
1 small zucchini
1-2 summer squash

BULK

¼ tsp ground ginger
1 tsp arrowroot
½ tsp black pepper
¼ tsp cayenne pepper
1 tsp ground coriander
3 tsp ground cumin
1 tsp dried basil
1 tsp dried oregano
2 tsp dried tarragon
1 ½ tsp Garam Masala
1 ½ tsp garlic powder
¼ tsp garlic salt
1 Tbsp paprika
½ tsp chili flakes
2 Tbsp sea salt
1 tsp turmeric
2 cups brown rice
½ cup dry cannellini beans
1 ¼ cups dry garbanzo beans
¼ cup nutritional yeast
¼ cup green lentils

½ cup raw cashews
½# dry penne pasta
½# dry spaghetti
5 tsp peanut butter
½ cup quinoa
2 tsp sesame seeds
16 sun-dried tomato halves
½ cup walnuts
¼ cup cider vinegar
⅓ cup tamari
1 ¾ cups olive oil
½ cup Niçoise olives
2 Tbsp miso paste

GROCERY

1 can coconut milk
1 – 14.5oz can diced tomatoes
1 loaf Big River bread
1 can tuna (optional)
1 jar Yumm! Sauce

DELI

4 hard-boiled eggs
2 Tbsp grated Parmesan

First Alternative
NATURAL FOODS CO-OP

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