

DAILY MENU & SHOPPING LIST



Day 1 - Mushroom Chicken

Day 2 - Homemade Pizza

Day 3 - Potato Crust Quiche

Day 4 - Chicken & Rice Soup

Day 5 - Zoodle Spaghetti

Day 6 - Hoagie Sandwiches

PRODUCE:

1 stalk broccoli
1 head cauliflower
3 carrots
3 celery sticks
2 cucumbers
2 cups green beans
1 head lettuce
8 crimini mushrooms
1 onion
1 head garlic
1 bunch parsley
1 red bell pepper
1# russet potatoes
1 bunch spinach
1 pt strawberries
2 medium zucchini
1 apple
1 bunch green onions

BULK:

2 Tbsp arrowroot
½ tsp baking powder
1 ¼ tsp baking soda
¼ tsp garlic salt

¼ tsp celery seed
1 ½ tsp dill weed
½ tsp garlic powder
1 tsp Italian seasoning
¾ tsp pepper
1 Tbsp sea salt
4 Cornichons
½ cup sliced black olives
½ cup mayonnaise
1 Tbsp mustard
2 roasted red peppers
1 cup salsa
¼ cup maple syrup
¾ cup olive oil
1 Tbsp white wine vinegar
1 cup brown rice flour
2 Tbsp golden flax seeds
2 Tbsp poppy seeds
2 Tbsp chia seeds
1 ½ cups raw almonds
1 cup *Bob's Red Mill GF 1-to-1 Baking Flour*

2 servings tortilla chips
½ cup quinoa
1 Tbsp sugar
½ cup sorghum flour
½ cup wild rice

GROCERY:

1 can Great Northern beans
1 pkg *New Cascadia GF Hoagie Rolls*
1 box parchment paper
1 jar spaghetti sauce
1 bottle salad dressing

DELI & CHEESE:

12 oz bacon
4 chicken thighs
4 slices deli ham
¾# mozzarella
¼ cup grated Parmesan
1 pkg sliced pepperoni

DAIRY:

1 lb butter
9 eggs
1 pt milk

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