

DAILY MENU & SHOPPING LIST



Day 1 - BLT Wraps

Day 2 - Summer Squash Fritters

Day 3 - Fresh Tomato Alfredo

Day 4 - Stuffed Tomatoes

Day 5 - Fresh Corn Chowder

Day 6 - Chicken Ensalada

PRODUCE:

1 apple
1 pt cherry tomatoes
2 heads red leaf lettuce
2 garnet yams
2 crookneck squash
3 onions
1 bunch celery
2 peaches
1 large potato
2 ears corn
1 head garlic
1 lb beets
2 large tomatoes
1 bunch mint
1 pear
1 carrot

BULK

½ cup peanut butter
3 Tbsp raisins
1½ cups penne'
½ cup salsa

½ cup sliced black olives
4 tsp sea salt
¼ tsp black pepper
½ tsp smoked paprika
¾ cup olive oil
2 Tbsp honey
1 tsp flour
½ tsp oregano
¼ tsp nutmeg
3 Tbsp mayonnaise
¼ cup balsamic vinegar
½ tsp stoneground mustard
1 cup toasted hazelnuts
6 Tbsp rice flour
½ tsp Spike
1 tsp dill
1 tsp ground cumin
2 Tbsp veggie broth powder
3 cups frozen corn

GROCERY

1 pkg small flour tortillas
1 can tuna
1 bottle salad dressing
½ cup breadcrumbs
1 jar dill pickles

MEAT

12 oz bacon
½ lb chicken breast
1 ham steak

DAIRY & CHEESE

1 lb butter
1¼ cups grated Parmesan
¼ cup blue cheese crumbles
1 pt milk
2 eggs
1 pt sour cream

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