

DAILY MENU & SHOPPING LIST



Day 1 - Beef Fold-overs

Day 2 - Chicken Zucchini Flips

Day 3 - Beans & Greens

Day 4 - Chilaquiles

Day 5 - Sweet & Sour Chicken

Day 6 - Tuna Casserole

PRODUCE

2 apples for frying
1 apple for slicing
2 beets
2 stalks broccoli
5 carrots
1 cucumber
2 green bell peppers
1 bunch green onions
2 bunches kale
3 medium onions
2 parsnips
1 head red leaf lettuce
1 tomato
2 medium zucchini
1 avocado
5 sticks celery

GROCERY

1 - 14.5 oz can diced tomatoes
1 can cannellini beans
1 pkg corn tortillas
1 can Cream of Chicken soup (Health Valley)

1 can Cream of Mushroom soup (Health Valley)
1 can mandarin oranges
1 bottle salad dressing
16 oz tomato sauce
1 can tuna
1 can refrigerator biscuits
16 oz fusilli pasta

BULK

1/2 tsp smoked paprika
1 tsp paprika
1 1/2 tsp chili powder
1/4 tsp cinnamon
1/2 tsp black pepper
2 Tbsp sea salt
1 1/2 tsp dill weed
1 tsp dried chives
4 tsp dried parsley
1/4 tsp rosemary powder
1/2 tsp oregano
1 cup olive oil
2 Tbsp white vinegar

2 Tbsp maple syrup
1/4 cup molasses
1/4 tsp red pepper sauce
1/4 cup red wine vinegar
1 small roasted red pepper
1/4 cup sliced almonds
1 cup white jasmine rice
1/4 cup cane sugar
1/2 cup flour
1 cup frozen corn
1 cup frozen peas

DELI

1# ground beef
2 chicken breasts
1/2# Monterey Jack cheese
2 Tbsp grated Parmesan
2 dinner rolls

DAIRY

1# butter
2 eggs
1 pint sour cream

First Alternative
NATURAL FOODS CO-OP
www.firstalt.coop

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2855 NW Grant Ave.
& 1007 SE Third St.