

DAILY MENU & SHOPPING LIST



Day 1 - Root Vegetable Soup

Day 2 - Kale Sauté with Egg

Day 3 - Honey Mustard Chicken

Day 4 - Chef Salad

Day 5 - Stuffed Delicata

Day 6 - Cauliflower Fried "Rice"

PRODUCE

2 medium parsnips
1 medium potato
1 small rutabaga
10 medium carrots
1 red onion
3 yellow onions
1 head garlic
2 small fennel bulbs
1 head Savoy cabbage
1 small head broccoli
1 bunch kale
1 head red leaf lettuce
2 cucumbers
5 sticks celery
1 bunch collard greens
1 red bell pepper
1 large delicata squash
1/2# Brussels sprouts
1 avocado
1 pt cherry tomatoes
1 head cauliflower
1 bunch chives

1 bunch flat-leaf parsley
8 mushrooms
1 - 2" piece ginger
1 small zucchini
1 navel orange
1 small lemon
BULK
1 cup olive oil
2 Tbsp sea salt
1 1/4 tsp dried thyme
1 1/2 tsp curry powder
1/2 tsp black pepper
1/4 tsp red pepper flakes
2 tsp seasoned salt
4 oil cured black olives
3 Tbsp stoneground mustard
1/2 cup green olives
1/4 cup apple cider vinegar
6 Tbsp white vinegar
3 Tbsp hazelnuts

1 cup frozen peas
3 Tbsp honey
2 Tbsp agave
3 Tbsp tamari
GROCERY
3 cups veggie or chicken broth
1 can pinto beans
2 cans cannellini beans
1 can green beans
1 can garbanzo beans
1 (14.5 oz.) can roasted diced tomatoes
1 bottle salad dressing
DELI
2 hard-boiled eggs
1 slice ham
1# ground beef
2 chicken breasts
1/2# cheddar cheese
DAIRY
1# butter
4 eggs

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