

DAILY MENU & SHOPPING LIST



Day 1 - Salmon Tacos

Day 2 - 3-Way Chili

Day 3 - Salmon Melts

Day 4 - Falafel Pita Wraps

Day 5 - Chili Tostadas

Day 6 - Tortilla Soup

PRODUCE:

½ head cabbage

3 onions

2 jalapeños

2 bunches scallions

3 sticks celery

3 cucumbers

1 head garlic

2 lemons

1 lime

2 green bell peppers

4 carrots

1 head lettuce

1 avocado

1 bunch cilantro

1 bunch fresh thyme

BULK:

½ cup salsa

5 oz. spaghetti noodles

¾ cup olive oil

1½ Tbsp tahini

2 Tbsp veggie broth powder

¾ cup white rice

3 cups tortilla chips

½ cup roasted peanuts

¼ cup nutritional yeast

¾ cup mayo

2 Tbsp yellow mustard

1¼ tsp dill

¼ tsp cayenne

2 Tbsp ground cumin

5 Tbsp chili powder

¾ tsp red pepper

flakes

½ tsp cinnamon

½ tsp coriander

1 Tbsp pickling spice

2 Tbsp salt

¼ tsp pepper

1 block tofu

GROCERY:

1-6 oz can tomato paste

2-14.5 oz cans Roasted Diced Tomatoes

1 can black beans

1 can garbanzo beans

1 pkg pita bread

1 box Falafel Mix

1 pkg corn tortillas

1 box crackers

1 bottle salad dressing

MEAT & DELI

1 lb ground beef

1 box frozen salmon

burgers

10-12 oz bacon

1 lb boneless chicken

breast

DAIRY & CHEESE:

1 lb cheddar

½ pt sour cream

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