

DAILY MENU & SHOPPING LIST



Day 1 - Mushrooms & Mac

Day 2 - Ginger Broccoli Tofu

Day 3 - Southern Beans & Ham

Day 4 - Sushi Bites

Day 5 - Broccoli Cheese Bakers

Day 6 - Potato Corn Chowder

PRODUCE:

16 Crimini mushrooms
2 leeks
1 onion
7 large carrots
2 celery sticks
2 stalks broccoli
½ lb green beans
1 small piece ginger
3 large baking potatoes
1 avocado
1 daikon
1 bunch curly green kale
1 head garlic
1 large apple

BULK:
3 cups elbow macaroni
1 cup sushi rice

1 cup short grain brown rice
6 sundried tomato halves
1 block tofu
½ cup kimchee
1 cup frozen corn
1 Tbsp agave
½ cup tamari
5 Tbsp olive oil
1 Tbsp sesame seeds
2 Tbsp brown rice vinegar
1 Tbsp maple syrup
4 sheets Nori
3 Tbsp flour
¼ tsp thyme
½ tsp fennel seed
½ tsp marjoram
5 tsp sea salt
2 Tbsp veggie broth powder

2 tsp cornstarch
1/8 tsp red chili flakes
1 tsp dried dill
½ tsp black pepper
1 tsp garlic salt

GROCERY:

1-15 oz. can cannellini beans
1 box crackers (for chowder)

MEAT & DELI:

1 Uncured Beeler Half Ham

DAIRY & CHEESE:

1 lb butter
½ pt sour cream
1 qt milk
½ lb cheddar cheese

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