DAILY MENU & SHOPPING LIST

Day 1 - Tuna Patties
Day 2 - Tamale Casserole
Day 3 - Stuffed Zucchini
Day 4 - Pasta Primavera
Day 5 - Soft Tacos
Day 6 - Chicken Pasta Salad

PRODUCE:

4 onions
2 green bell peppers
1 tomato or 2 Romas
1 lemon
1 lime
1 head lettuce
1 cucumber
1 small zucchini
8 carrots
1 stalk celery
1 head garlic
1 head cabbage
3 delicata squash
1 apple
1 stalk broccoli

BULK:

2 lbs spiral pasta
¼ cup veggie broth powder
1 ½ cups Basmati rice
¾ cup Masa Harina
1 cup salsa
¼ cup pancake mix
¼ tsp black pepper
¼ lb olives (variety)
½ cup frozen corn
¾ cup frozen peas
1 tsp ground cumin
½ cup olive oil
2 Tbsp Secret Aardvark sauce
2 Tbsp sea salt
¾ tsp chili powder
1/8 tsp red pepper flakes

GROCERY:

1 can tuna
2-15 oz cans pinto beans
1-15 oz can refried beans
1 bottle vinaigrette salad dressing
1 pkg flour tortillas
1 jar Yumm! Sauce
1-14.5 oz can diced tomatoes

MEAT & DELI:

1lb ground beef
12 oz bacon
1 chicken breast

DAIRY & CHEESE:

1lb butter
1 pt sour cream
1 egg
12 oz Cheddar cheese
½ pt heavy cream
4 oz Monterey Jack cheese
¼ cup grated Parmesan cheese

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

Open Daily 7AM to 10 PM
2855 NW Grant Ave.
& 1007 SE Third St.