

DAILY MENU & SHOPPING LIST



Day 1 - Manicotti alla Bolognese

Day 2 - Sesame Baked Tofu

Day 3 - Clam Chowder

Day 4 - Beans & Taters Hot Dish

Day 5 - Stuffed Portabellas

Day 6 - Lemon Ricotta Pasta

PRODUCE:

3 onions

6 sticks celery

2 red potatoes

1 lemons

1 head lettuce

1 small piece ginger

5 carrots

½ cup bulk spinach

4 portabella mushrooms

1 head garlic

1 bunch green onions

2 stalks broccoli

1 small cucumber

1 red bell pepper

1 bunch fresh mint

1 large head cauliflower

6 Russet potatoes

BULK:

1 cup brown rice

¼ cup sesame seeds

½ cup walnuts

1 cup pasta shells

½ cup sliced black olives

¾ cup olive oil

¼ tsp nutmeg

¼ tsp pepper

1 Tbsp sea salt

2 Tbsp ketchup

1 Tbsp brown sugar

1 Tbsp yellow mustard

1 bay leaf

¼ cup tamari

2 Tbsp apple cider

vinegar

½ tsp honey

1 tsp oregano

1 tsp basil

1 ½ tsp veggie broth powder

¼ tsp garlic salt

2 cups pancake mix

¾ tsp dill weed

¼ cup mayonnaise

¼ tsp Italian seasoning

1 Tbsp Dijon mustard

GROCERY:

15 oz can Muir Glen

tomato sauce

10 oz can clams

12 oz extra-firm Silken tofu

2 cans baked beans

1 bag Cascadian Farms

Spud Puppies

1 box lasagna noodles

1 bottle salad dressing

20 oz frozen peas

1 liter sparkling water

MEAT & DELI:

1 lb. pork sausage

2 slices ham from deli case

1 dill pickle from deli

DAIRY & CHEESE:

16 oz ricotta

½ cup shredded Parmesan

6 oz mozzarella

1 pint half & half

1# butter

2 eggs

½ pt sour cream

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