

# DAILY MENU & SHOPPING LIST



Day 1 - Sweet & Sour Stir-Fry

Day 2 - Pasta Cannellini

Day 3 - Tostadas

Day 4 - Popeye's Grilled Cheese

Day 5 - Corn Cakes

Day 6 - Tex-Mex Migas

## PRODUCE

2 onions  
2 bell peppers  
4 carrots  
1 tomato  
1 bunch celery  
1 small piece ginger  
1 apple  
12 crimini mushrooms  
1 orange  
1 head lettuce  
1 bunch green onions  
1 bunch spinach  
1 bunch parsley  
1 lime  
1 head garlic

## BULK

1 ½ cups rice  
¼ cup walnuts  
¼ cup raisins  
¾ cup salsa

2 Tbsp red wine vinegar  
16 oz frozen corn  
⅛ tsp chili powder  
⅛ tsp ground red pepper  
1 cup mayonnaise  
¼ cup apple cider vinegar  
6 Tbsp sugar  
½ tsp red pepper flakes  
2 Tbsp sea salt  
1 Tbsp cornstarch  
¾ cup olive oil  
1 tsp baking powder  
⅔ cup all-purpose flour  
½ cup cornmeal  
2 cups penne'

## GROCERY

1-15 oz can refried beans

1-15 oz can black beans  
1-15 oz can cannellini beans  
1 pkg (10) corn tortillas  
1-14.5 oz can diced tomatoes  
1 bottle salad dressing  
2 cans mandarin oranges  
1 loaf bread

## MEAT

½ lb chicken breast  
12 oz pkg bacon

## DAIRY & CHEESE

1 lb butter  
1 pt sour cream  
6 eggs  
1 pt milk  
12 oz cheddar cheese  
¼ cup shredded Parmesan

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