

ORGANIC MARKET SCHEDULE

Week Of: _____ Preferred Market: _____

DAY	PRIMARY FOCUS	SHOPPING LIST / SEASONAL NOTES
Monday	Fresh Leafy Greens Seasonal Berries	
Tuesday	Bulk Grains & Seeds Raw Nuts	
Wednesday	Root Vegetables Alliums (Garlic/Onion)	
Thursday	Fermented Goods Dairy/Alternatives	
Friday	Fresh Herbs Stone Fruits	
Saturday	Farmers Market Trip Local Honey/Eggs	
Sunday	Meal Prep Staples Cold Press Juices	

"Eat clean, live green. Support local organic farmers."