

french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

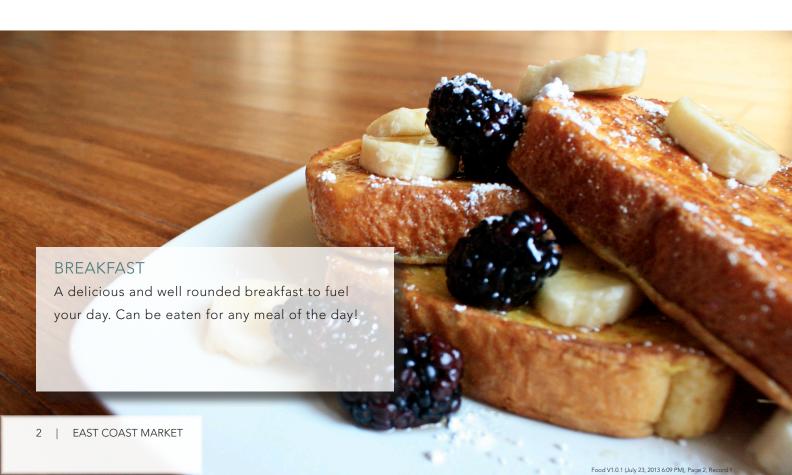
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

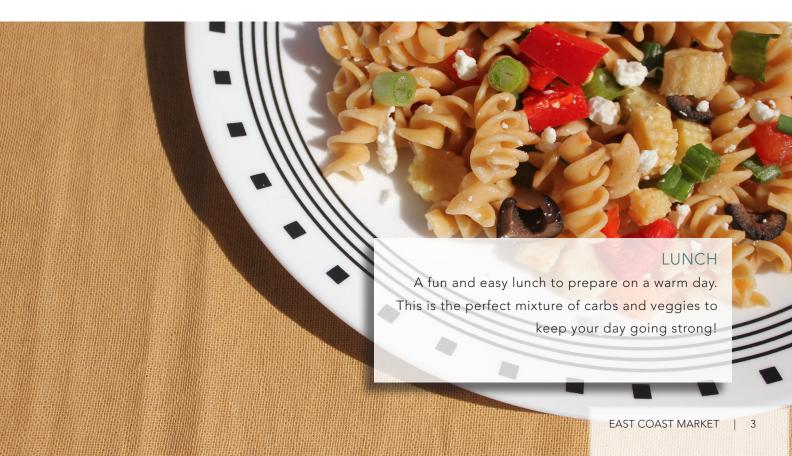
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

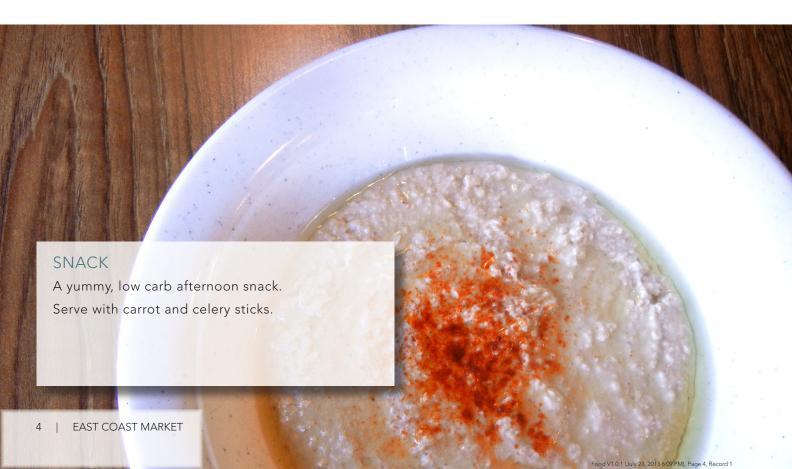
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

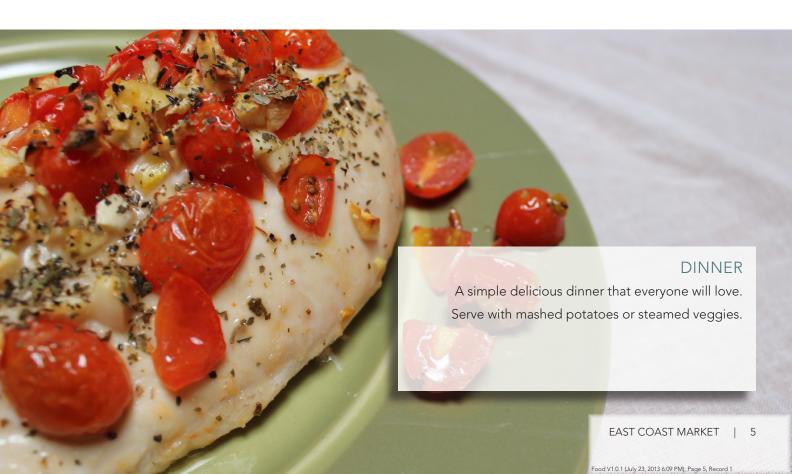
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE SPRING! Asparagus Blueberries Cucumbers Spinach Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Vivien Lara 7951 47th Ave Virginia Beach, VA 10711

...Illimbooloollooll

Hey Vivien,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

	1/2	eggp	ant
--	-----	------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

🗌 1 cup mushroom	าร
------------------	----

matoes

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Vivien Lara 7951 47th Ave Virginia Beach, VA 10711

السالسلسلسالالسا





spinach and cheese omelet

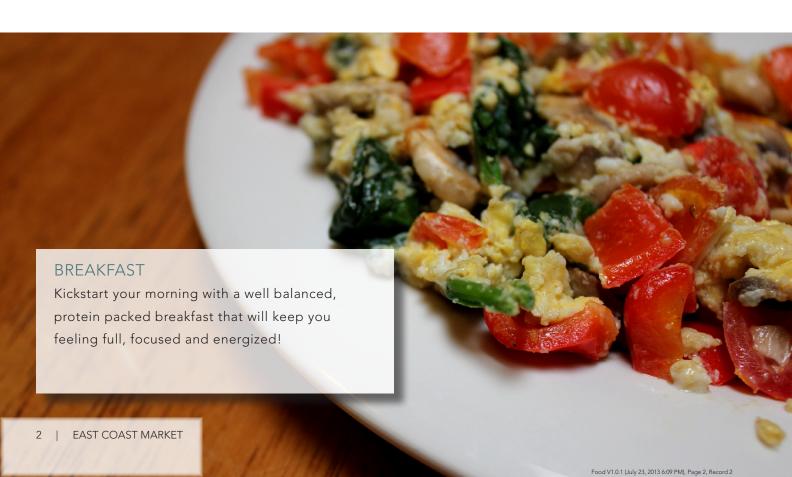
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



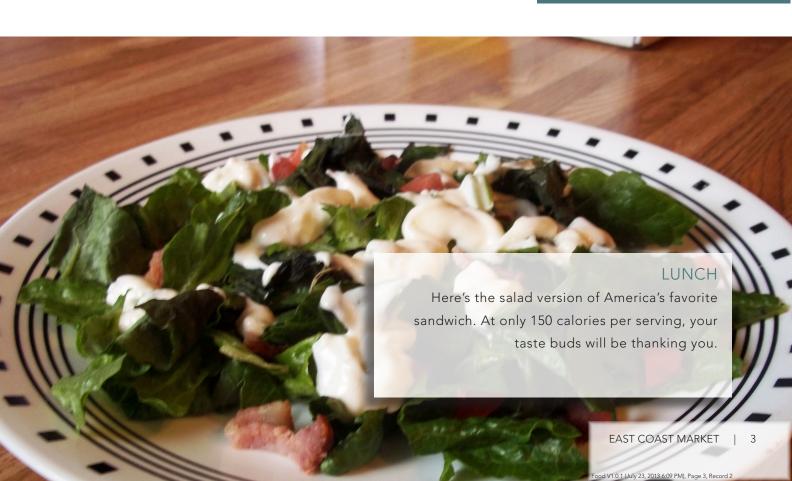
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

INGREDIENTS

1 plum tomato, diced

1 cup black beans

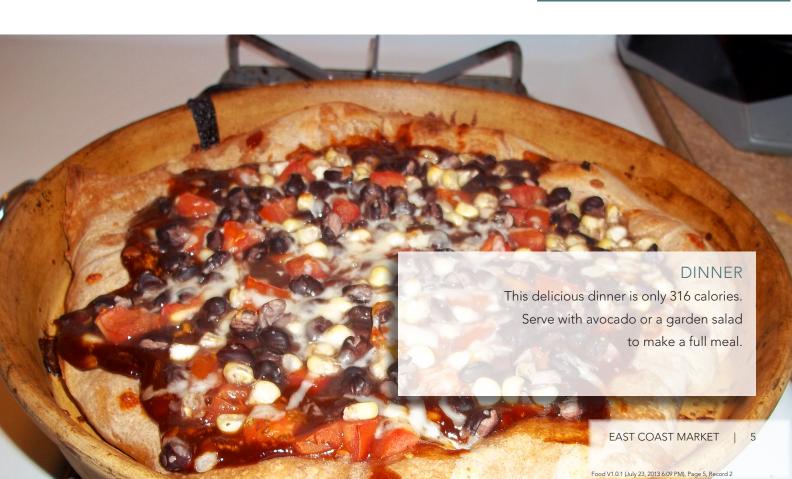
1 cup fresh corn

2 tbs cornmeal

1 pound pizza dough

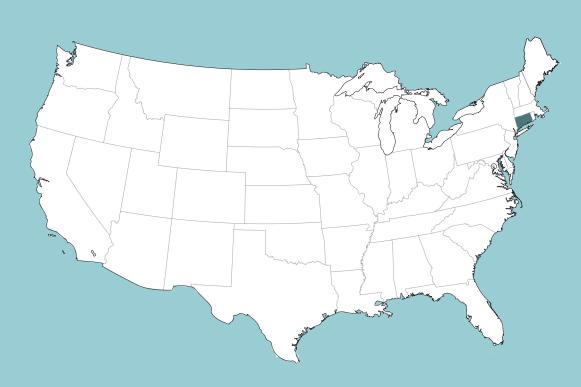
1/3 cup barbecue sauce

1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN CONNECTICUT FOR THE FALL! **Apples** Carrots Garlic Pears Potatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Leandra Gilbert 3994 Bay Avenue Waterbury, CT 61622

البانيانانيينالياليينيال

Hey Leandra,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

4 10					
1/2	zu	CC	h	ır	1

	1	cup	mus	hroo	ms
--	---	-----	-----	------	----

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Leandra Gilbert 3994 Bay Avenue Waterbury, CT 61622

الطواطين الطالوسال





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

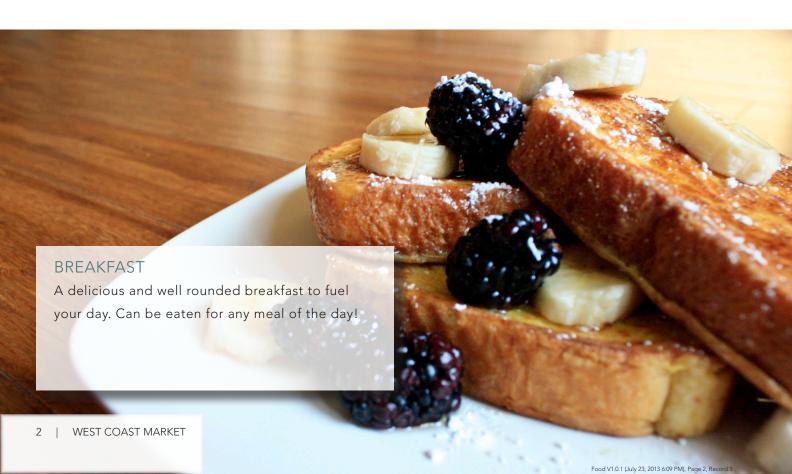
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



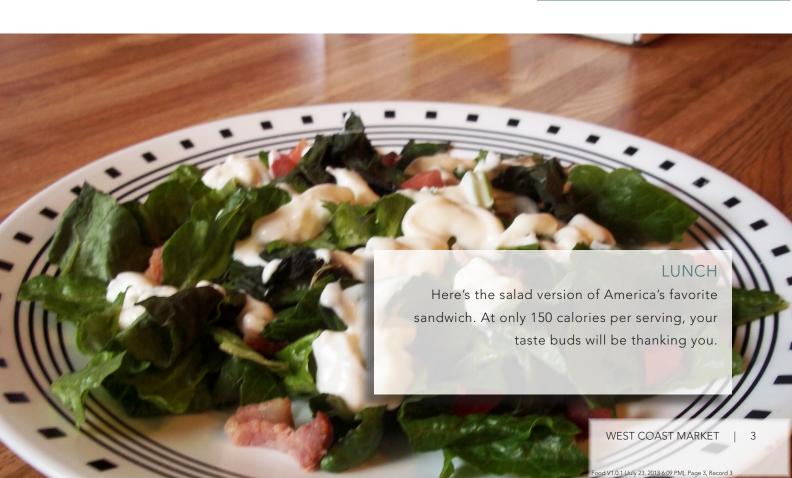
blt salad

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

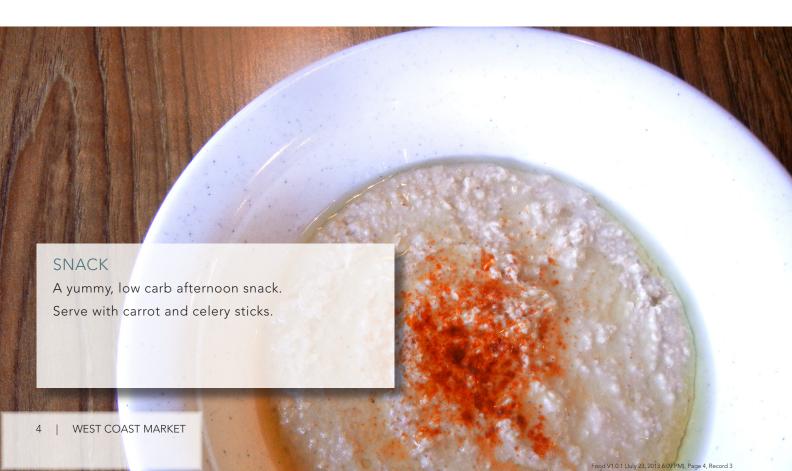
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

Heat the oil in a large skillet. Season the salmon with salt and pepper.

60 min

INGREDIENTS

2 tbs olive oil

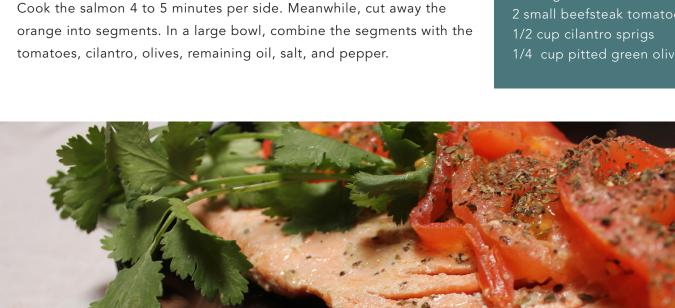
4 salmon fillets

kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/4 cup pitted green olives



DINNER

Salmon is rich in fatty acids and proteins, which give your body the nutrients that it needs.

WEST COAST MARKET



BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL! **Apples** Broccoli Brussel sprouts **Peppers** Pomegranates



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Stewart Weiss 225 Taaffe Road San Jose, CA 36448

بابراليبانانيانياليباليرالير

Hey Stewart,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

□ 1/2 z	zucchin
---------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Stewart Weiss 225 Taaffe Road San Jose, CA 36448

بابيالييانانيانيالييالي





spinach and cheese omelet

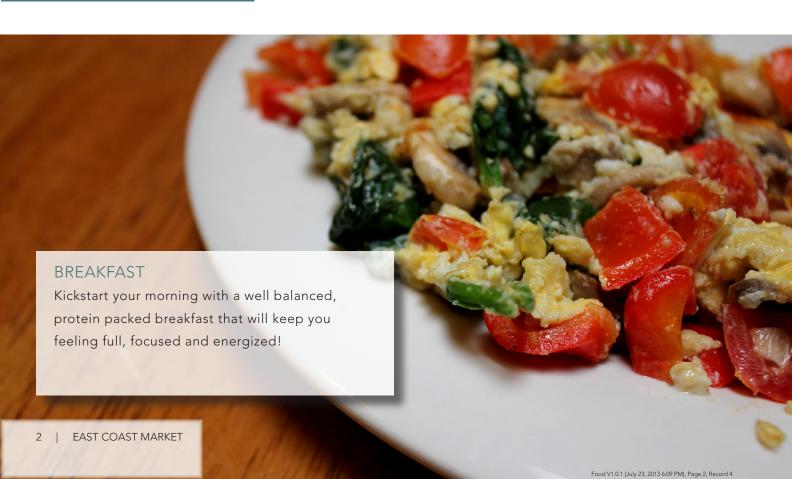
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



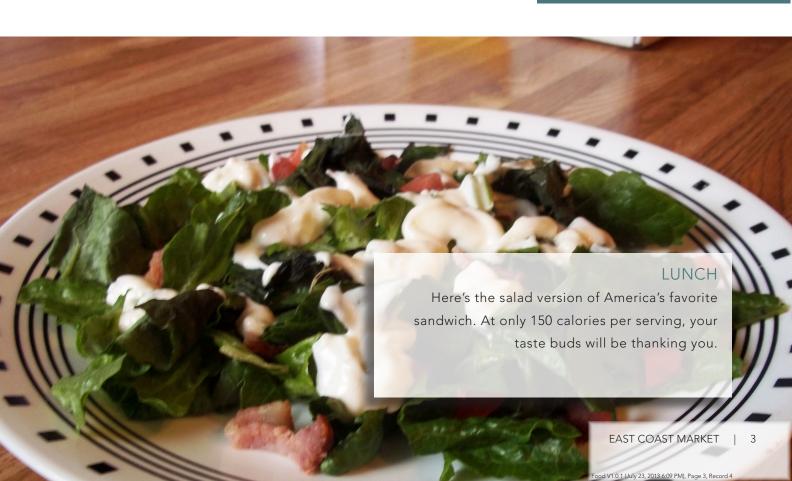
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

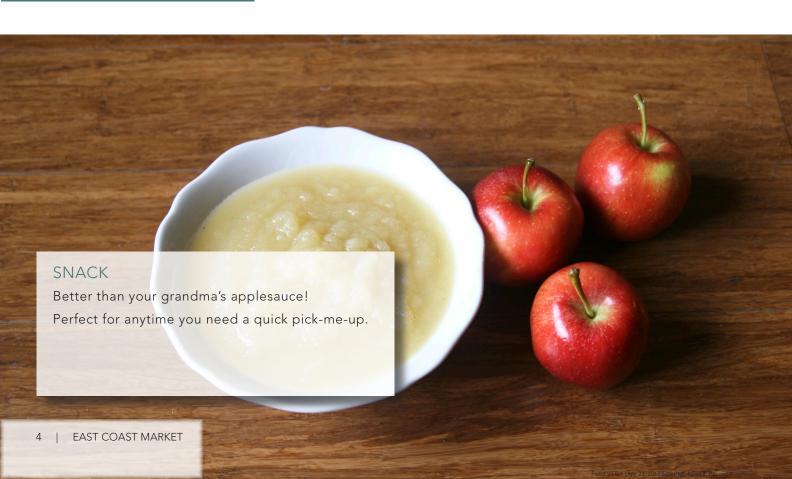
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

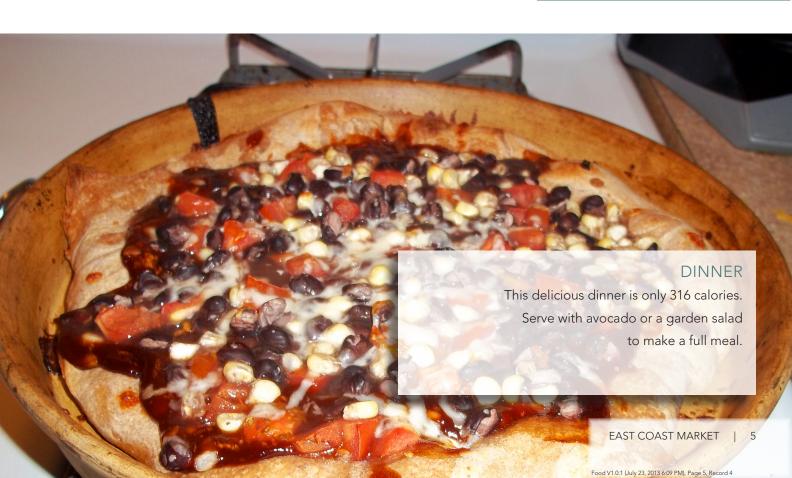
TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

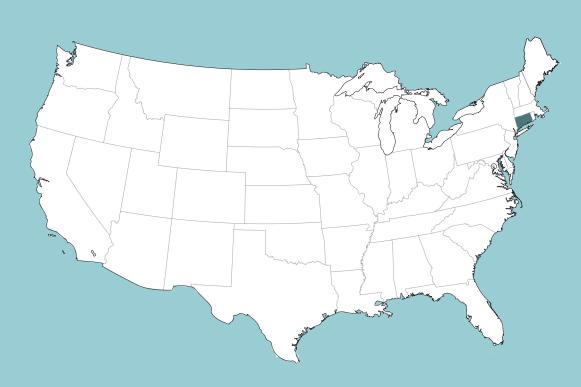
INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN CONNECTICUT FOR THE FALL! **Apples** Carrots Garlic Pears Potatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Darryl Salazar P.O. Box 625 Hartford, CT 85105

Indulation IIII and de

Hey Darryl,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

	4 10				
Ш	1/2	zucc	h	ır	١I

] 1	l cup	mush	rooms

☐ 1 cup tomatoe

- 1			
		h	001
		() ~	151

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Darryl Salazar P.O. Box 625 Hartford, CT 85105

بابانينا اللبيناناتان





delicious gluten free pancakes

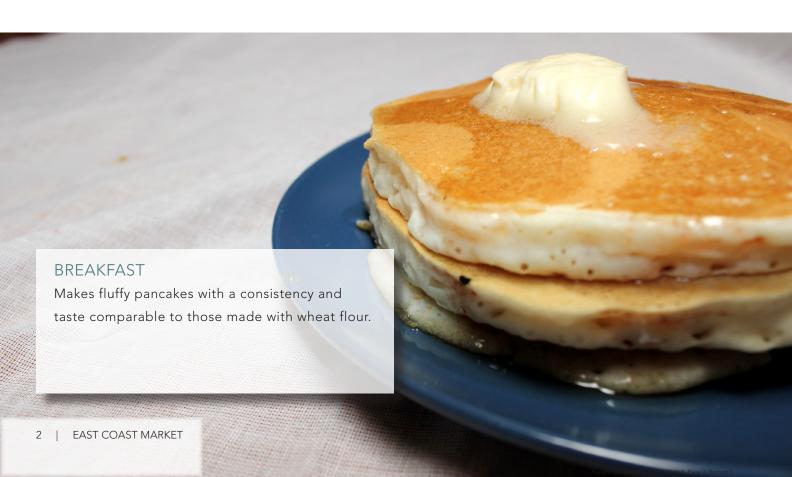
INGREDIENTS

- 1 cup rice flour
- 3 tbs tapioca flour
- 4 tbs dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 tsp baking powder
- 2 eggs
- 3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

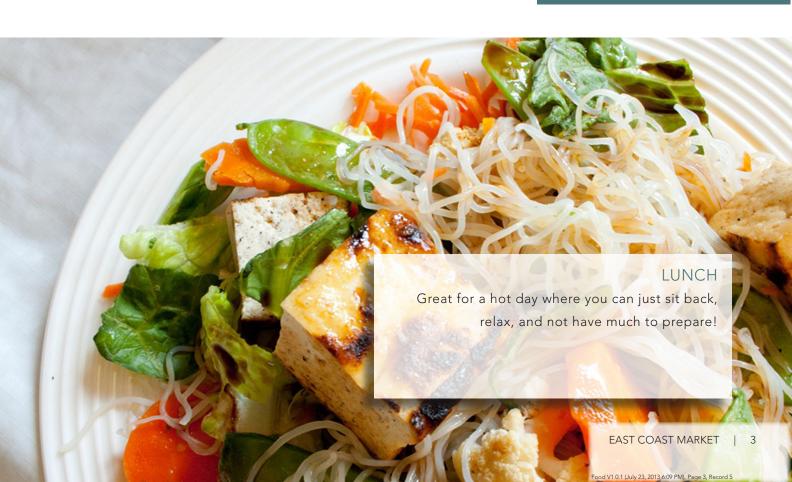
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

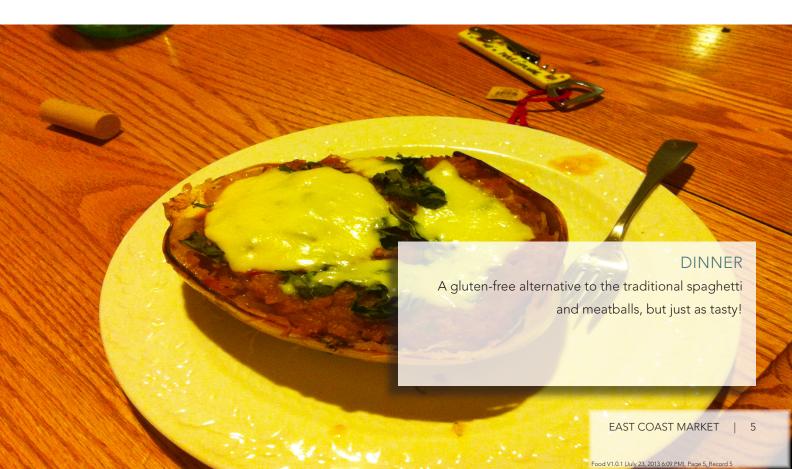
INGREDIENTS

2 whole spaghetti squash olive oil salt & pepper

1-1/2 lbs meatballs

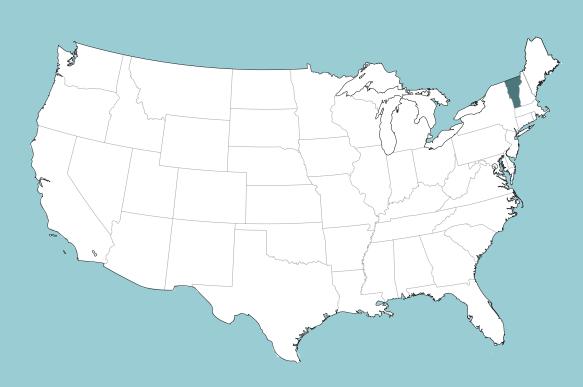
4 cups spaghetti sauce

1 cup mozzarella cheese, shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VERMONT FOR THE SPRING! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Cairo Cotton 1885 Stanton Avenue Ap #416 South Burlington, VT 12915

بابانا استبابا ابانا البابية

Hey Cairo,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

1 10				
1/2	zucc	h	ır	۱۱

☐ 1 cup mushrooms

☐ 1 cup tomatoes

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Cairo Cotton 1885 Stanton Avenue Ap #416 South Burlington, VT 12915

والماليس الماليا والماليين





spinach and cheese omelet

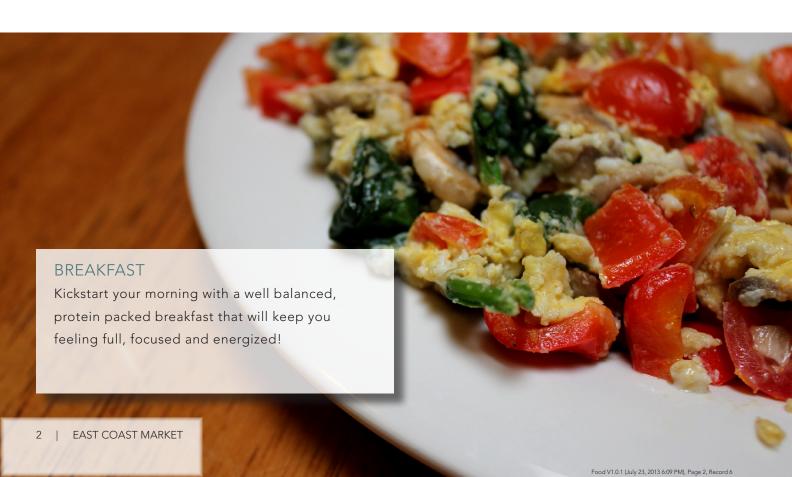
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

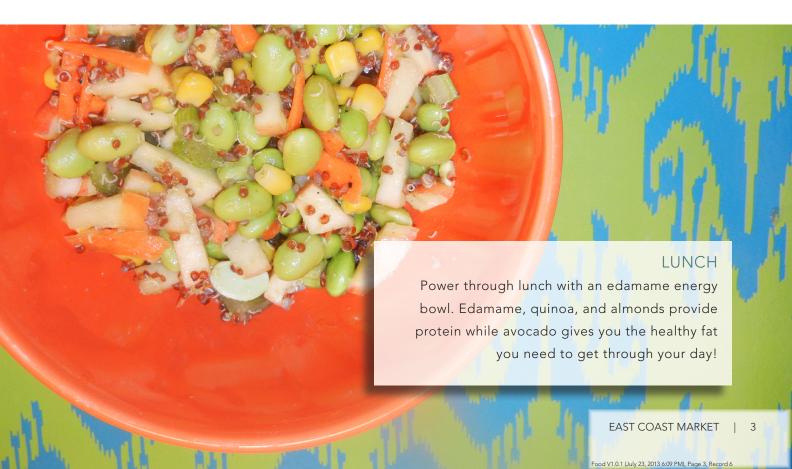
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

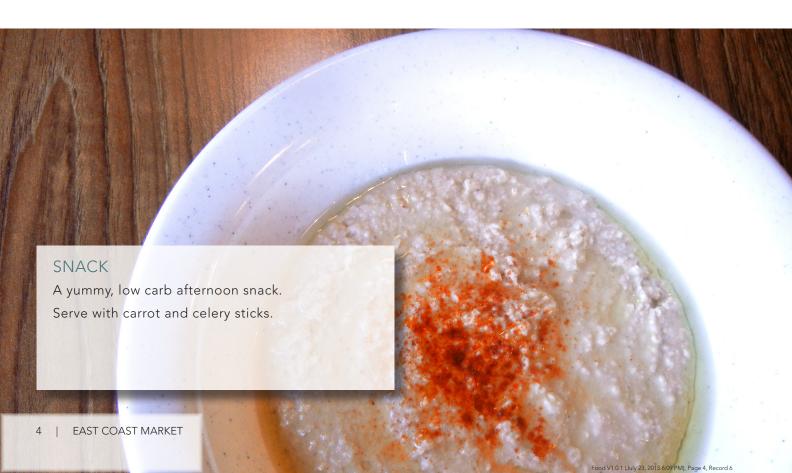
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

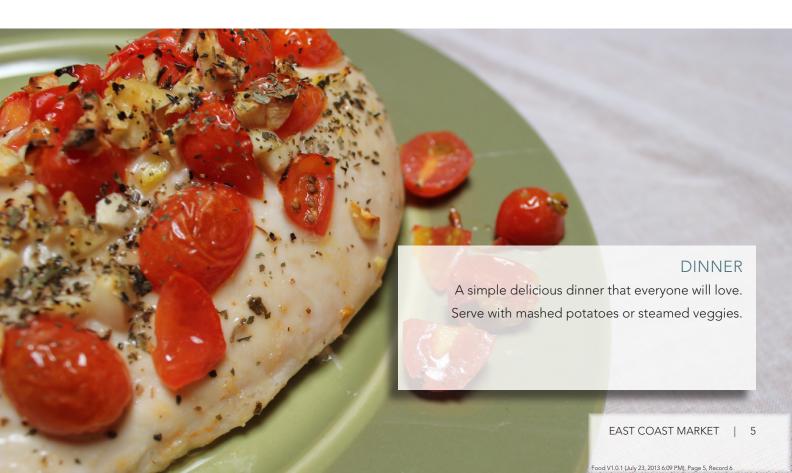
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MARYLAND FOR THE SUMMER!

Blackberries Cantaloupe Eggplant Tomatoes Watermelon



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Evelyn Bolton 3324 Clarendon Street Columbia, MD 29123

بالمانانيالسياليانان

Hey Evelyn,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- □ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Evelyn Bolton 3324 Clarendon Street Columbia, MD 29123

بالماياسالساللسالا





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

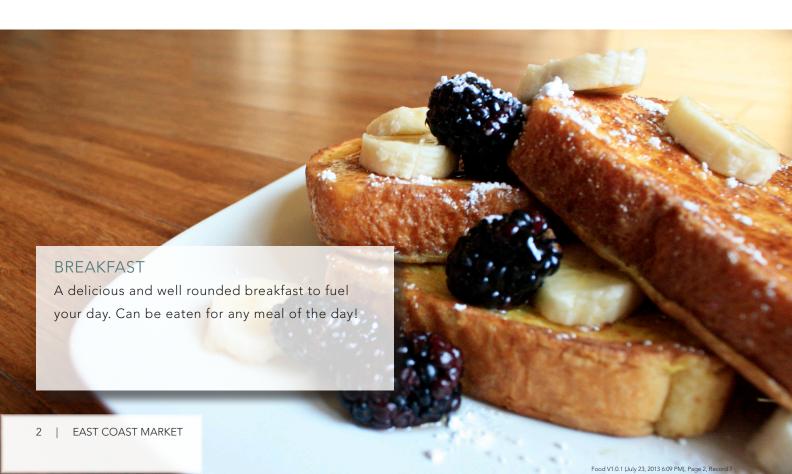
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

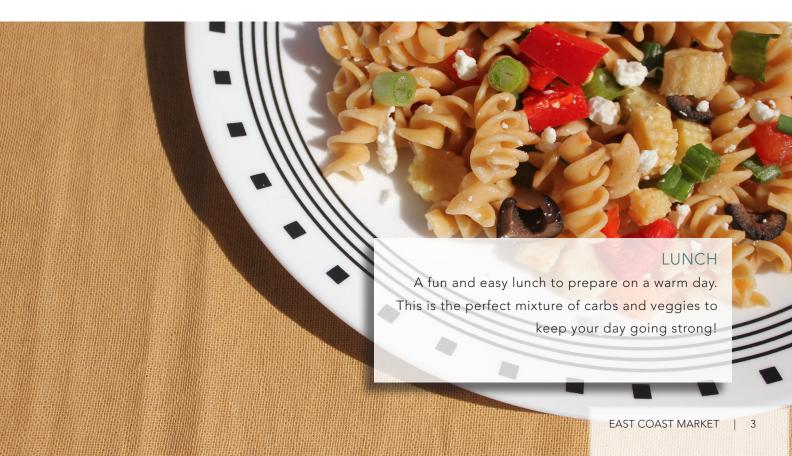
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

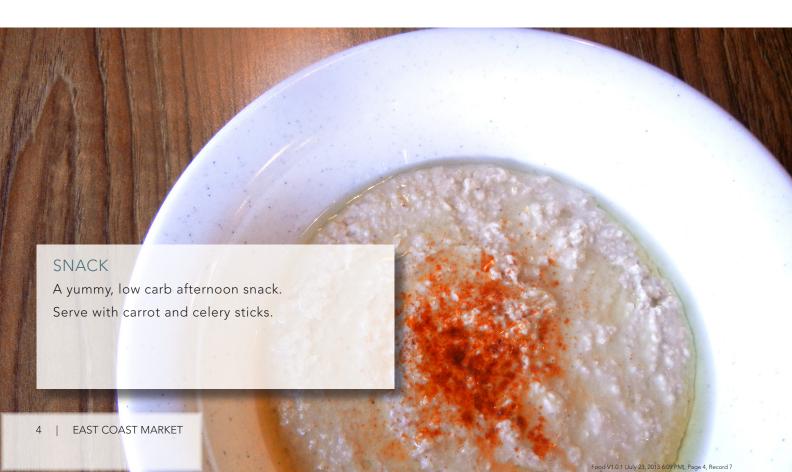
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

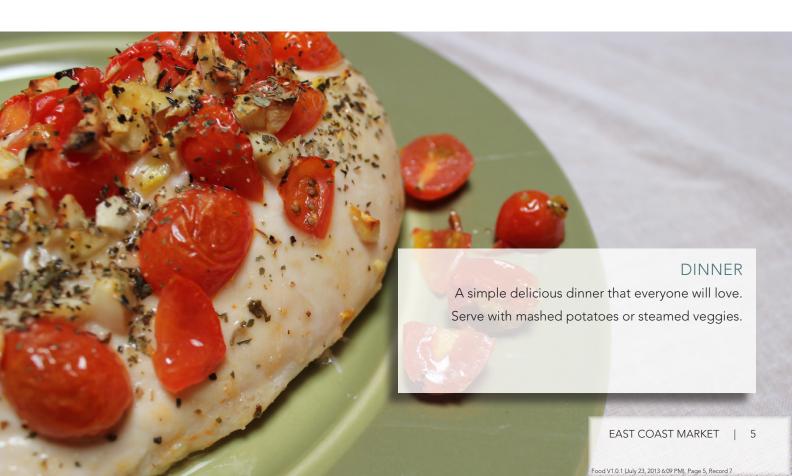
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

salt & pepper

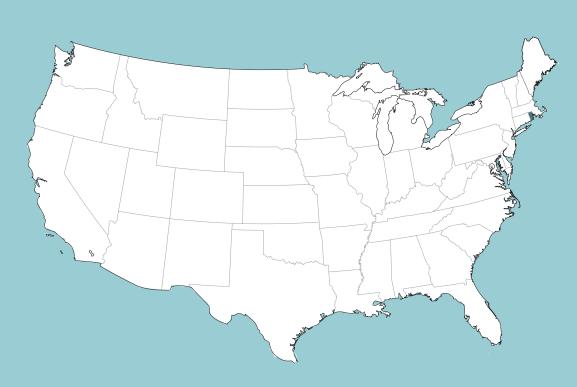




BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN RHODE ISLAND FOR THE SUMMER!

Beets Corn Cucumbers **Peppers**

Rhubarb



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

13 Snowy Circle Providence, RI 02801 PAID POSTAGE

Bell Lyons P.O. Box 332 Warwick, RI 90847

Idadhadadadadhad

Hey Bell,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
 - \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

13 Snowy Circle Providence, RI 02801 PAID POSTAGE

Bell Lyons P.O. Box 332 Warwick, RI 90847

Idadlaaladadadlaal





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

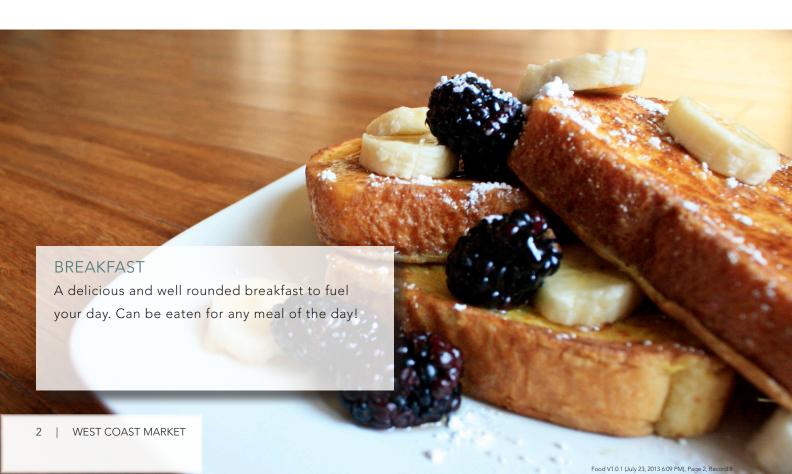
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



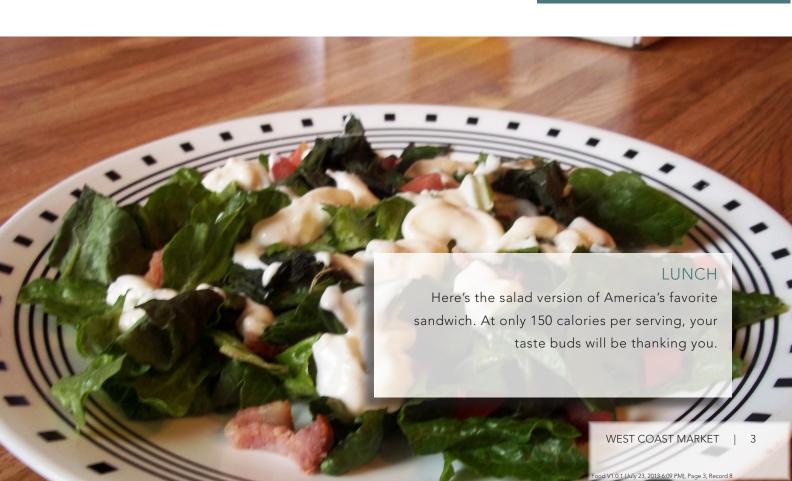
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

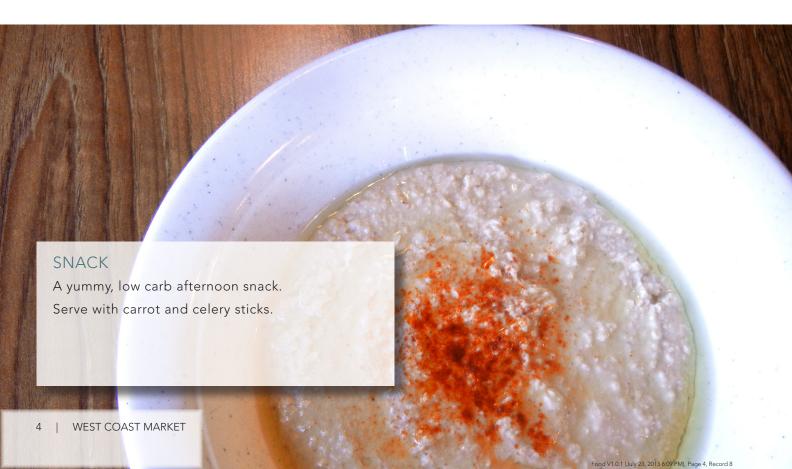
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

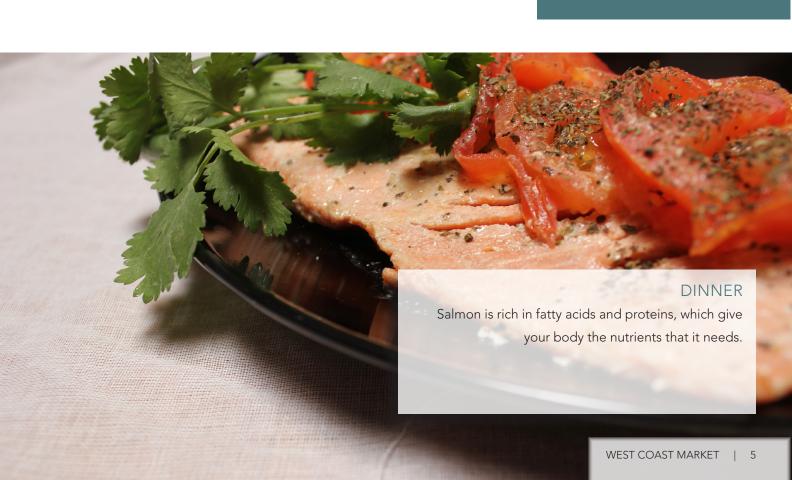
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE SPRING! Artichokes Asparagus Peaches Plums Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS





2 FOR \$1.00

















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Urielle Dillon 7963 Vista St. San Francisco, CA 94036

Idadallaadlalla

Hey Urielle,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

□ 1/2	zucchin
-------	---------

1	cup	musl	nrooms

☐ 1 cup	tomatoes
---------	----------

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Urielle Dillon 7963 Vista St. San Francisco, CA 94036

Idaaladllaaadladla





spinach and cheese omelet

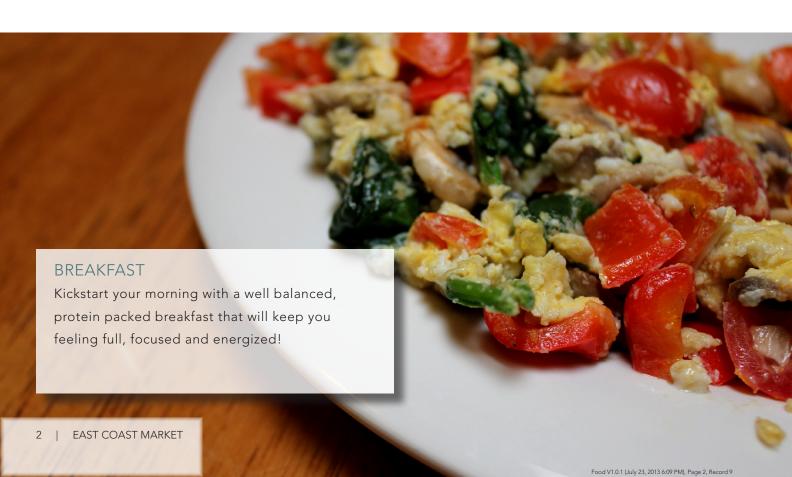
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

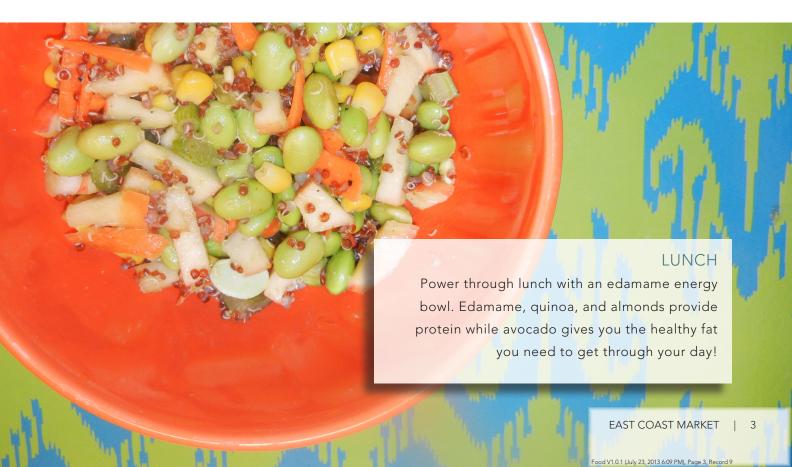
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

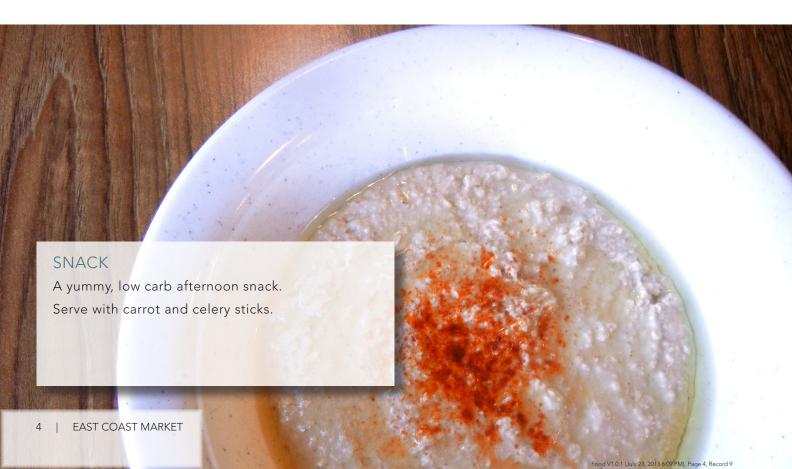
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

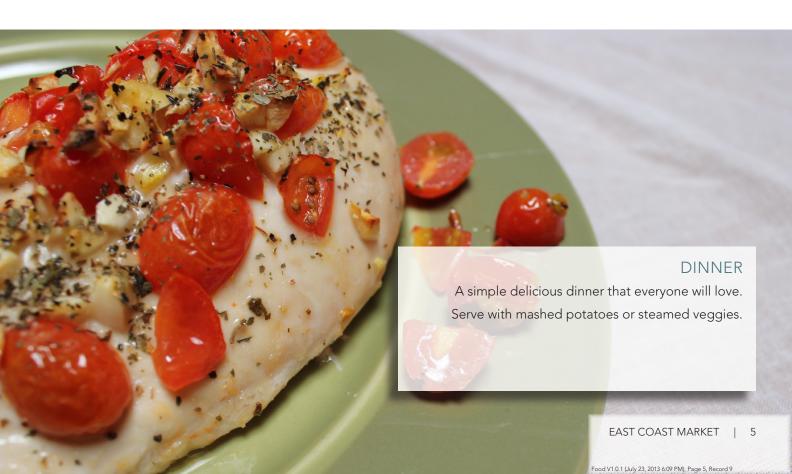
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE WINTER!

Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Scarlet Mitchell P.O. Box 113 Virginia Beach, VA 32416

والبالسامانانانان

Hey Scarlet,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.





east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	991	olant	
---	------	-----	-------	--

	1 10				
Ш	1/2	zucc	h	ır	1

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Scarlet Mitchell P.O. Box 113 Virginia Beach, VA 32416

والبالسانيانانانانان





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

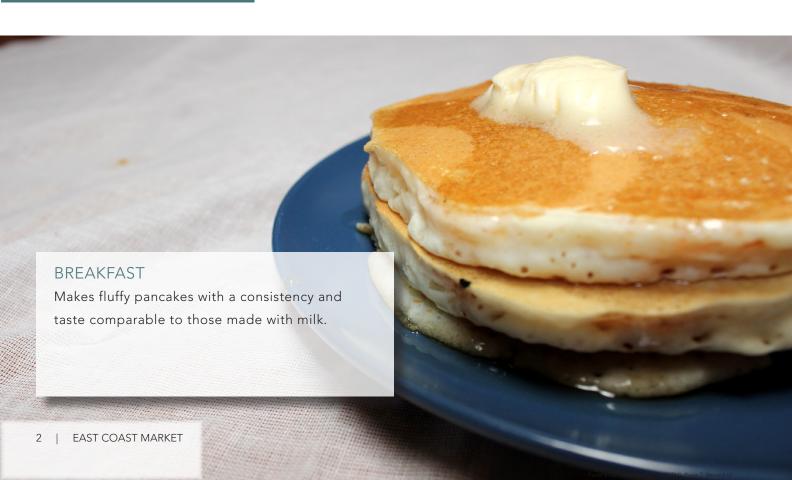
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

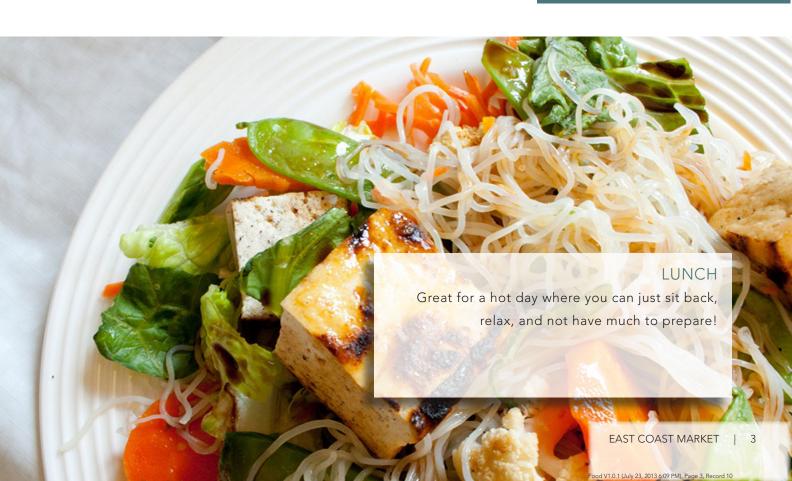
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min

TOTAL TIME $15\,\mathrm{min}$

RECIPE 4

INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.

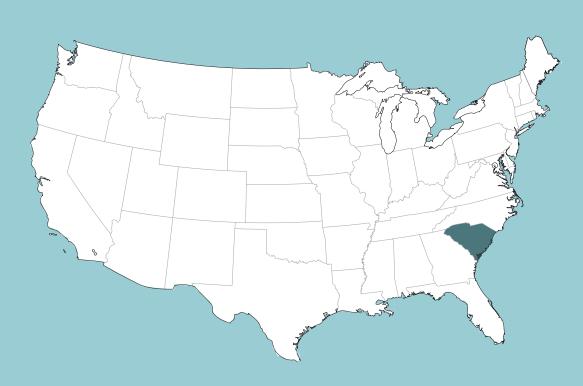
INGREDIENTS

- 1 can black beans, drained
- 1 can corn, drained
- 1 can chunk chicken
- 1 carton chicken broth
- 1 jar double roasted salsa





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN SOUTH CAROLINA FOR THE WINTER! **Apples** Lettuce Scallions Sweet potatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Abraham Crane 4977 5th Ave Charleston, SC 4058

بانتانانانانيانانان

Hey Abraham,

-East Coast Market

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

□ 1/2	eggp	ant
-------	------	-----

\square 1/2 z	zucchin
-----------------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Abraham Crane 4977 5th Ave Charleston, SC 4058

بانتابانانانيان





spinach and cheese omelet

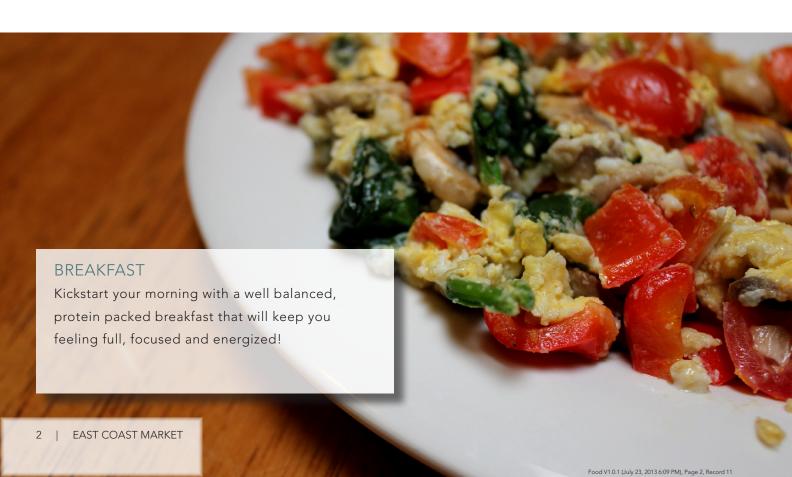
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



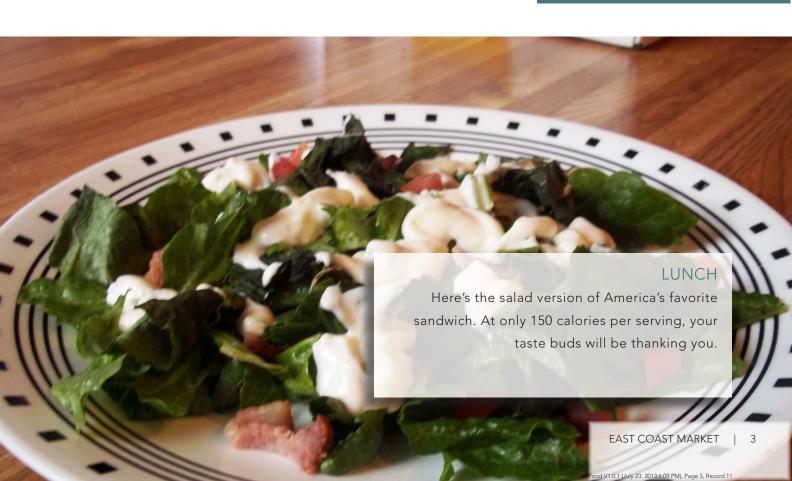
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

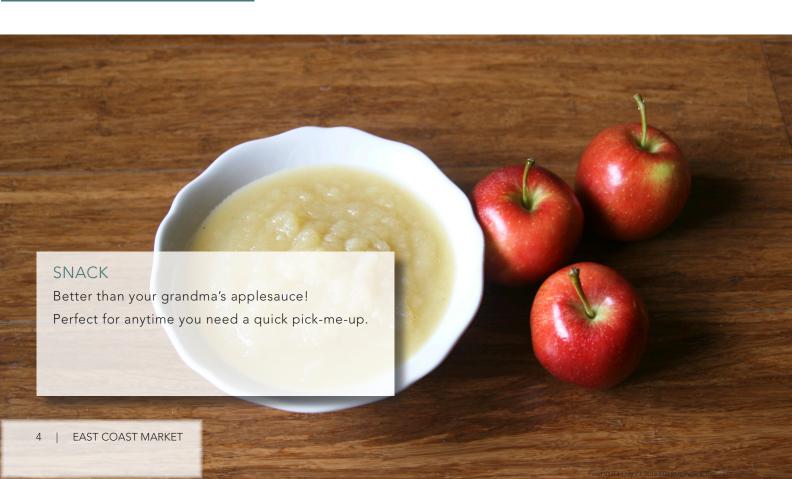
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

cheese. Grill until cheese is melted.

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal

on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and

TOTAL 30 min RECIPE 6

INGREDIENTS

1 plum tomato, diced

1 cup black beans

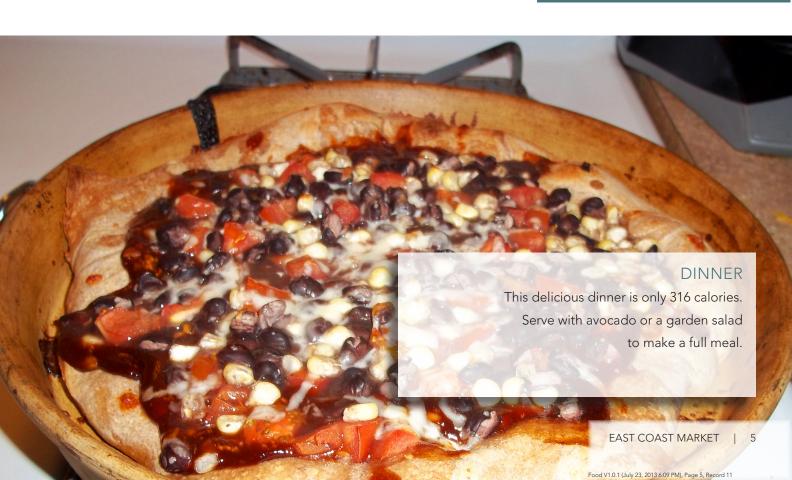
1 cup fresh corn

2 tbs cornmeal

1 pound pizza dough

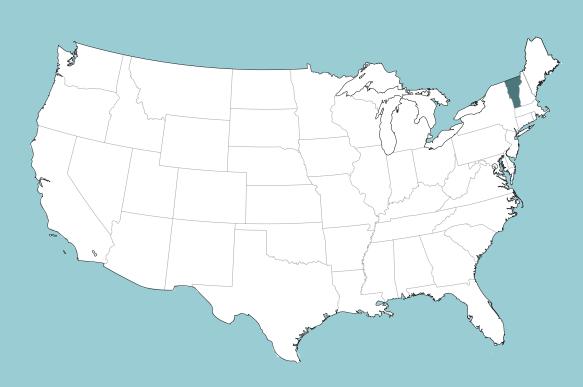
1/3 cup barbecue sauce

1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VERMONT FOR THE SPRING! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Rachel Mclean 4486 Mc Road Ap #899 Colchester, VT 95590

Idaaldaldaldala

Hey Rachel,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

	eggp	lant
--	------	------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

☐ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Rachel Mclean 4486 Mc Road Ap #899 Colchester, VT 95590

Idaaldaddddalallaa





protein power bowl

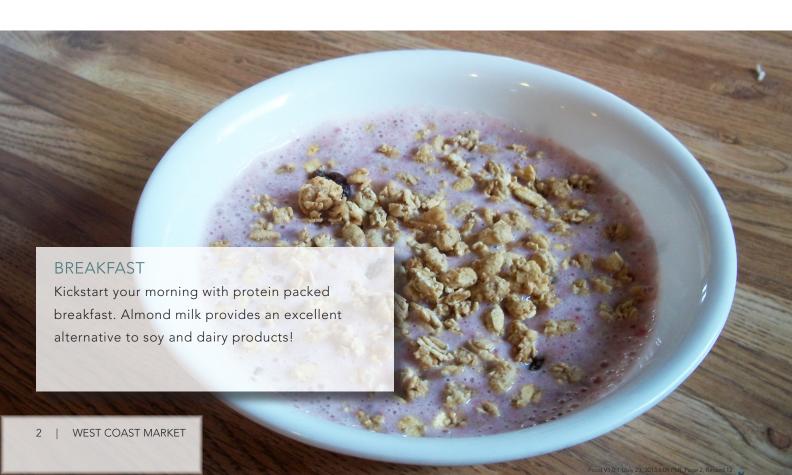
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

 $\underset{\text{TIME}}{\text{PREP}}~10~\text{min}$

RECIPE SERVES 2

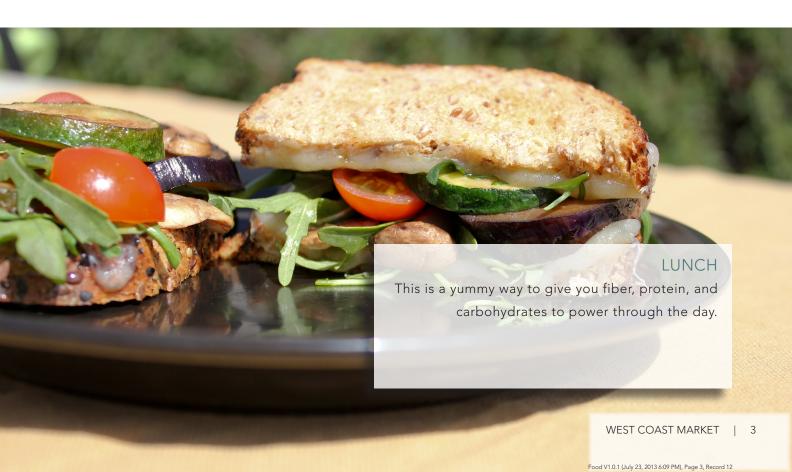
INSTRUCTIONS

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

INGREDIENTS

1/2 eggplant 1/2 zucchini 1 cup mushrooms 1 cup tomatoes basil & arugula

2 tbs balsamic vinegar Baguette slices



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

TOTAL TIME

 $^{\scriptscriptstyle ackslash} 20$ min

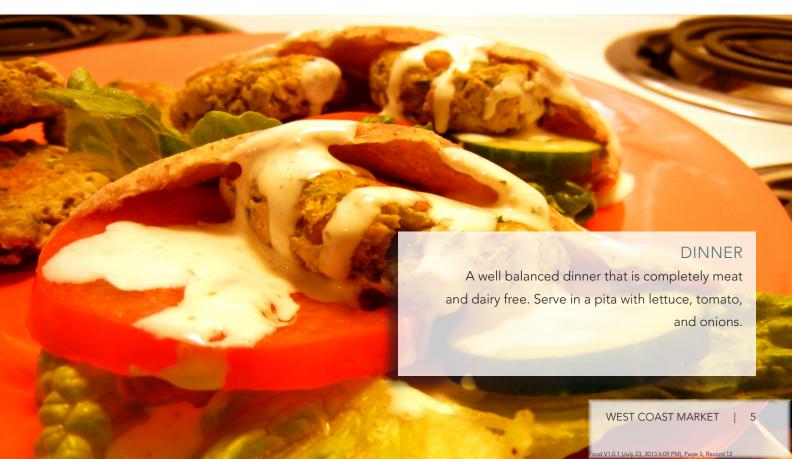
RECIPE SERVES 4

INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil

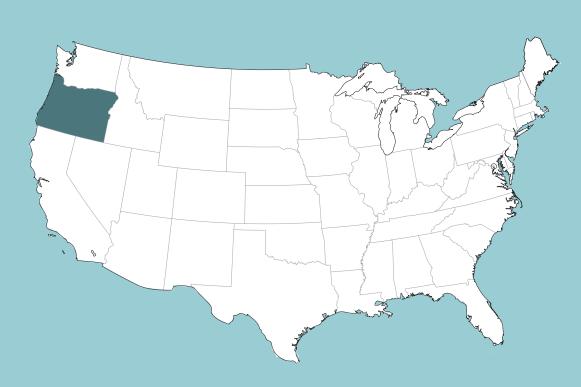
INSTRUCTIONS Drizzle olive oil in baking dish. Preheat oven to 350.

Mash chickpeas. Add onions and garlic and blend. Add remaining ingredients to make a thick paste-like consistency. Shape into balls and place in baking dish. Bake for 15-20 minutes.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN OREGON FOR THE FALL! **Apples** Cabbage Cauliflower **Pumpkins** Walnuts



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

west coast market

444 Cloudy St. Portland, OR 97034 PAID POSTAGE

Hop Whitaker 1297 Ainslie Street Eugene, OR 77679

hadhadallahadlda

Неу Нор,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

	1/2	zucchin
\Box	1/2	Zucciiiii

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

444 Cloudy St. Portland, OR 97034

PAID POSTAGE

Hop Whitaker 1297 Ainslie Street Eugene, OR 77679

landlandalladaadlalaa





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

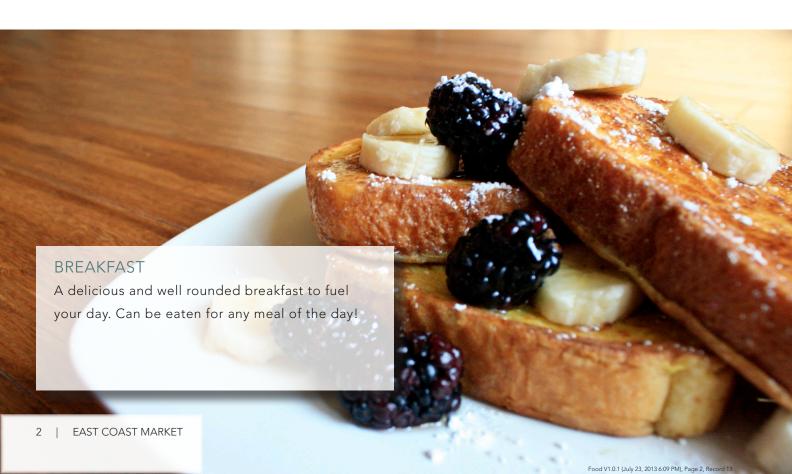
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

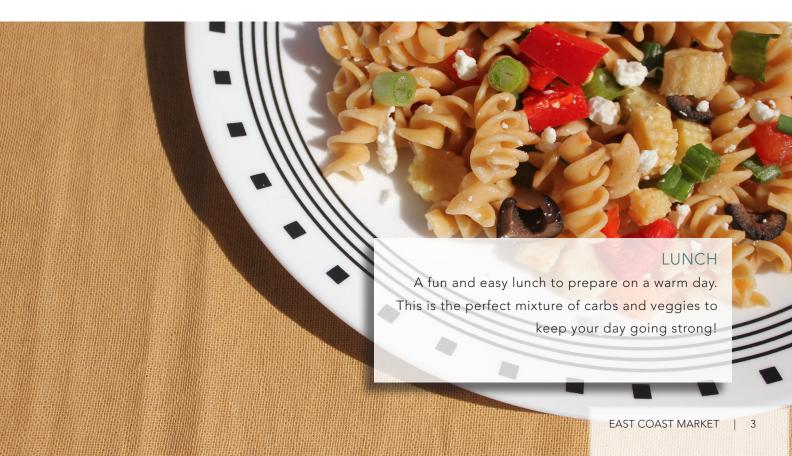
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

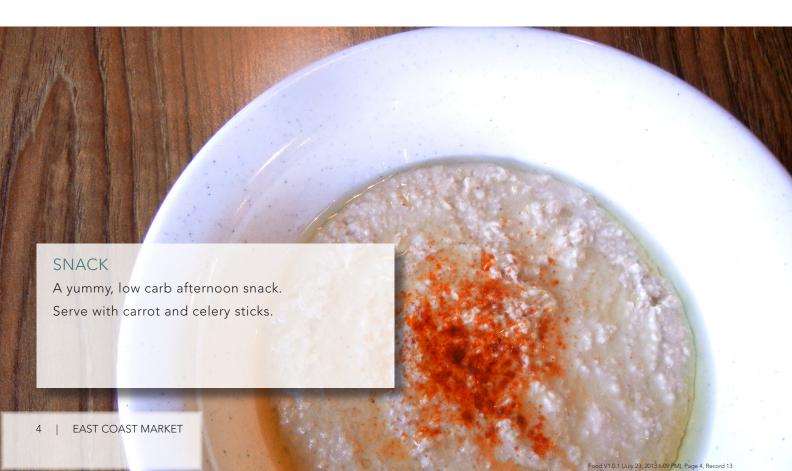
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

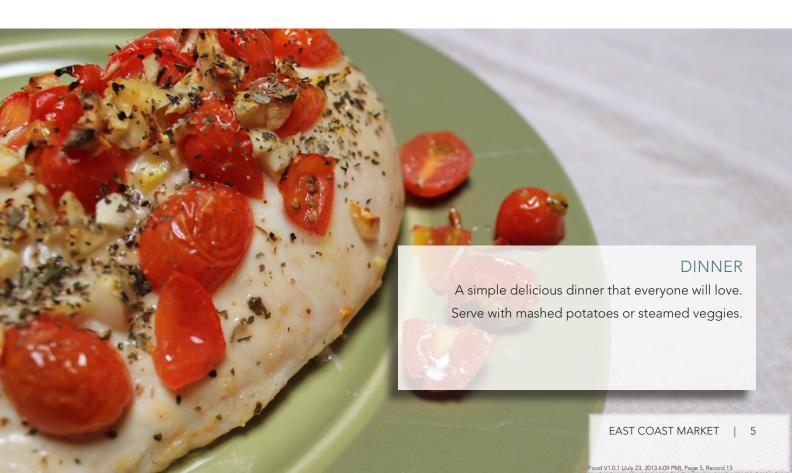
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE FALL! **Apples** Cabbage Cranberries Onions **Pumpkins**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Ferdinand Estrada 7965 2nd Road Boston, MA 39284

املمامالياسيابالياس

Hey Ferdinand,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

	1/2	zucc	hin
\Box	1/2	Zucc	

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

☐ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Ferdinand Estrada 7965 2nd Road Boston, MA 39284

انتانيانياليانييناياليان





delicious gluten free pancakes

INGREDIENTS

1 cup rice flour

3 tbs tapioca flour

4 tbs dry buttermilk powder

1 packet sugar substitute

1 1/2 tsp baking powder

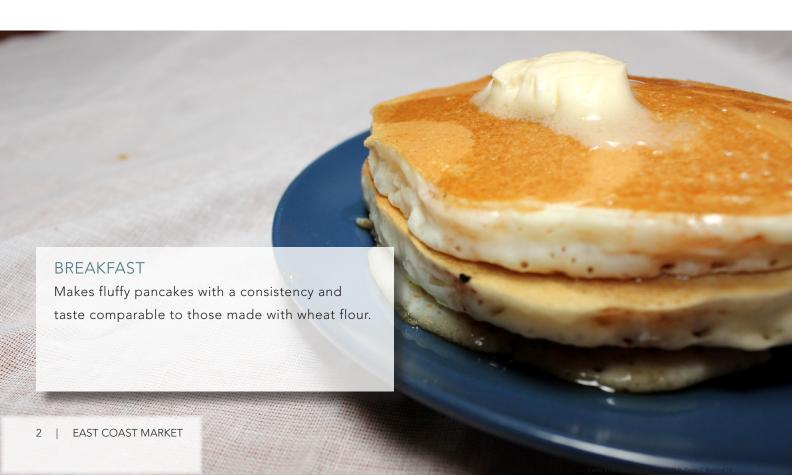
2 eggs

3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

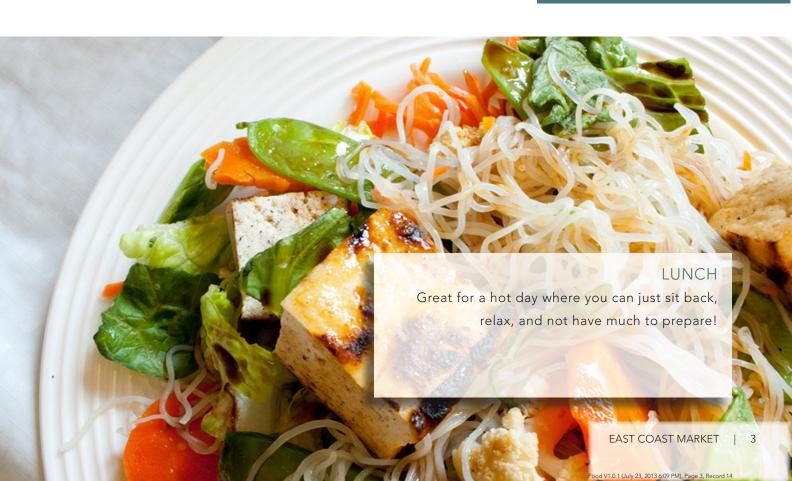
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

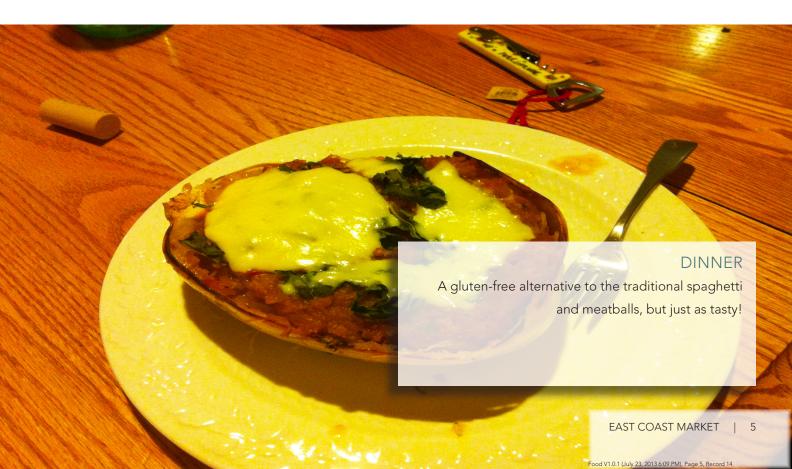
Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

INGREDIENTS

2 whole spaghetti squash olive oil salt & pepper 1-1/2 lbs meatballs

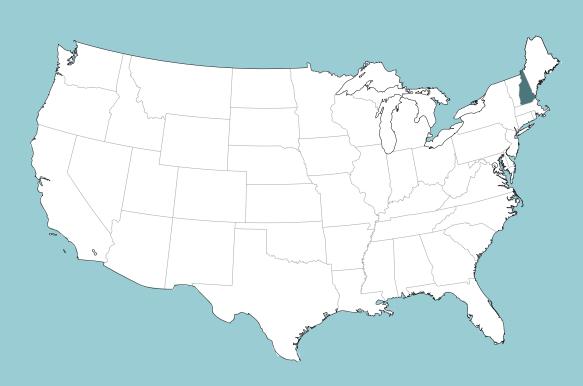
4 cups spaghetti sauce

1 cup mozzarella cheese, shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW HAMPSHIRE FOR THE SPRING! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Dillon Wilkins P.O. Box 699 Concord, NH 30667

اسلمالسالسالساليان

Hey Dillon,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

4 10					
1/2	zu	CC	h	Ir	٦I

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Dillon Wilkins P.O. Box 699 Concord, NH 30667

اسلمالسالسالساليا





spinach and cheese omelet

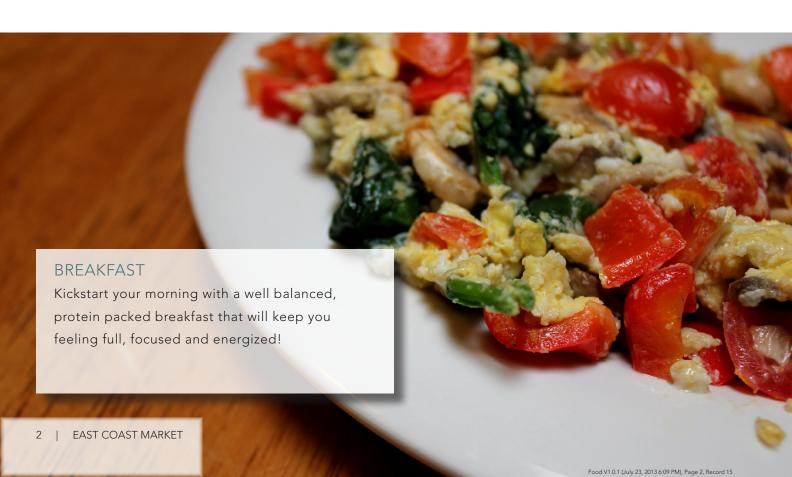
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



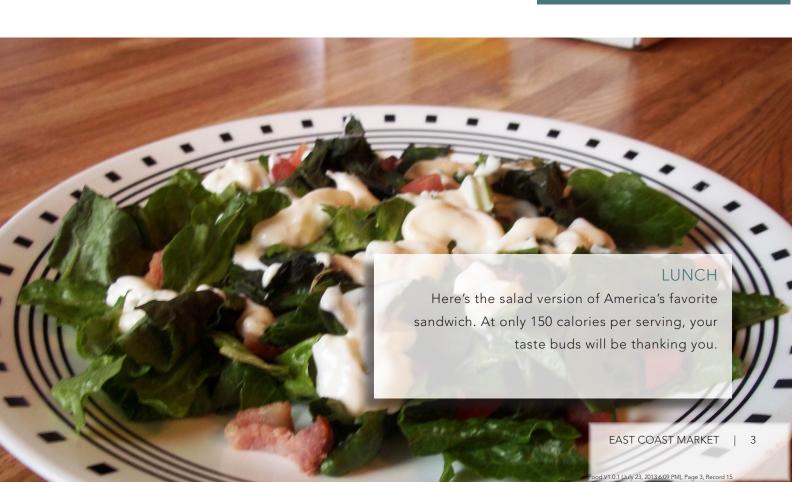
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

cheese. Grill until cheese is melted.

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal

on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and

TOTAL 30 min RECIPE 6

INGREDIENTS

1 plum tomato, diced

1 cup black beans

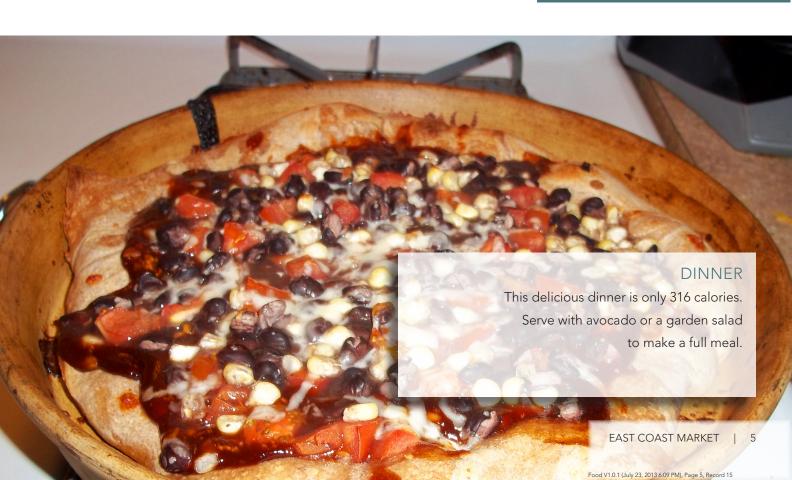
1 cup fresh corn

2 tbs cornmeal

1 pound pizza dough

1/3 cup barbecue sauce

1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN FLORIDA FOR THE FALL! Cabbage Carrots Cauliflower Cucumbers **Peppers**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

777 Orange Dr. Miami, FL 33101 PAID POSTAGE

Whilemina Hutchinson 2138 Bainbridge Road Ap #828 Miami, FL 97921

Idadaalldaaddaall

Hey Whilemina,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hroom	5
--	---	-----	-----	-------	---

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

777 Orange Dr. Miami, FL 33101 PAID POSTAGE

Whilemina Hutchinson 2138 Bainbridge Road Ap #828 Miami, FL 97921

Idadaalldaaddaall





spinach and cheese omelet

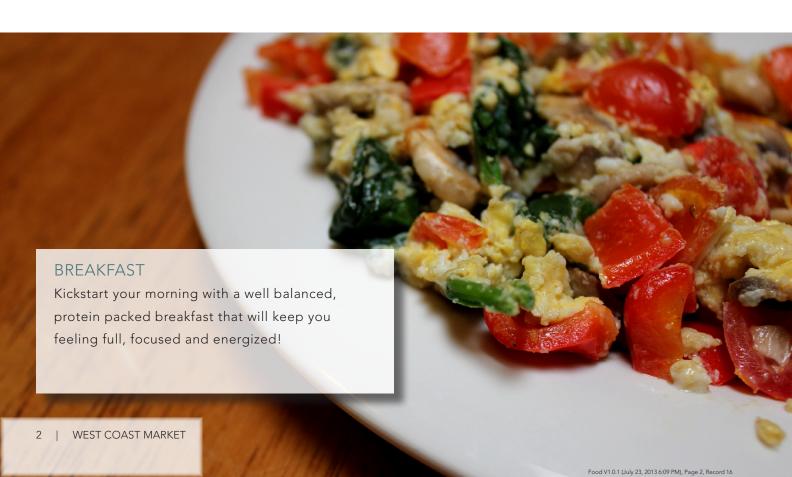
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

TOTAL 35 min

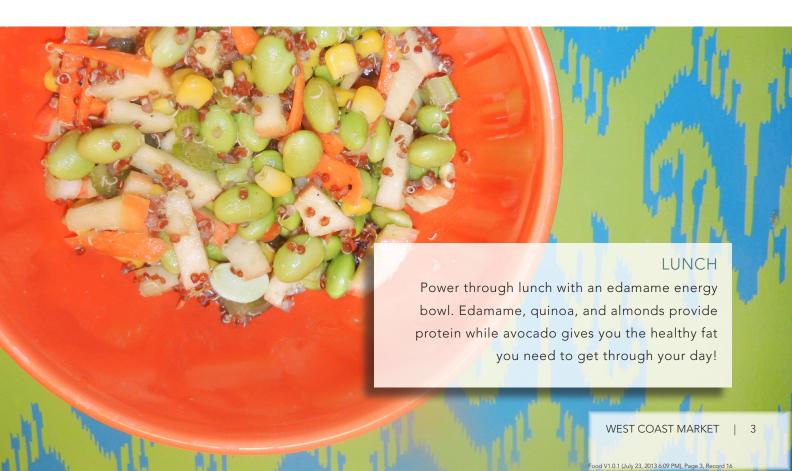
REC nin SEF PE 4

INGREDIENTS

1 package frozen edamame1 cup red quinoa, cooked2 celery ribs, sliced1/2 cup shredded carrots1 avocado, sliced1/3 cup sliced almondsItalian dressing

INSTRUCTIONS

Prepare edamame and quinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

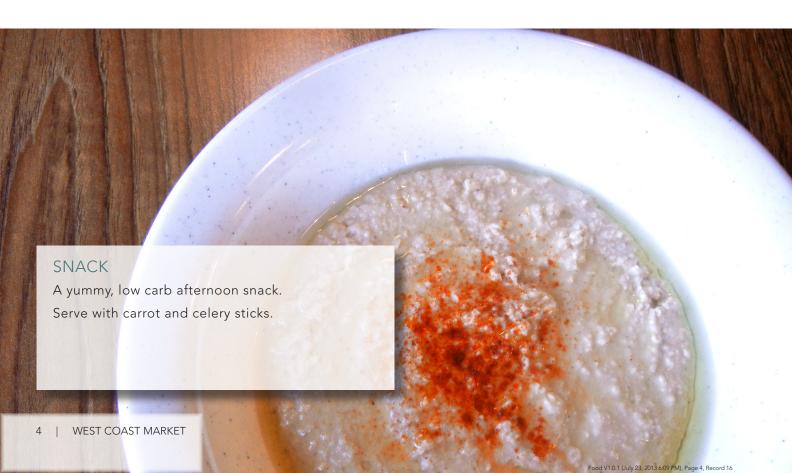
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

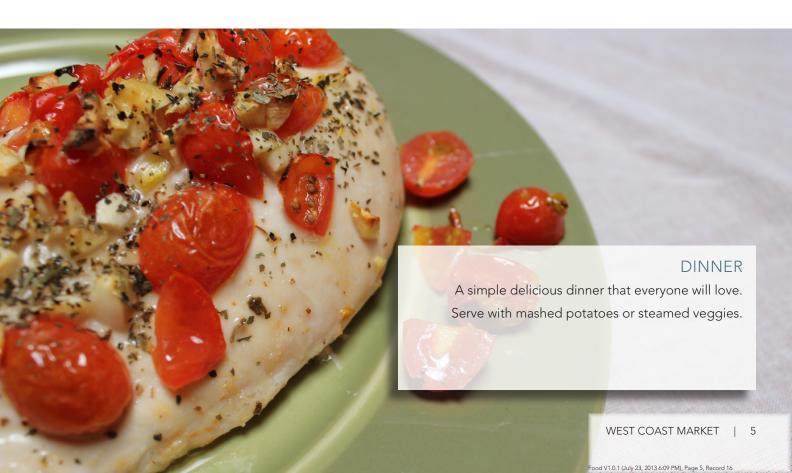
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

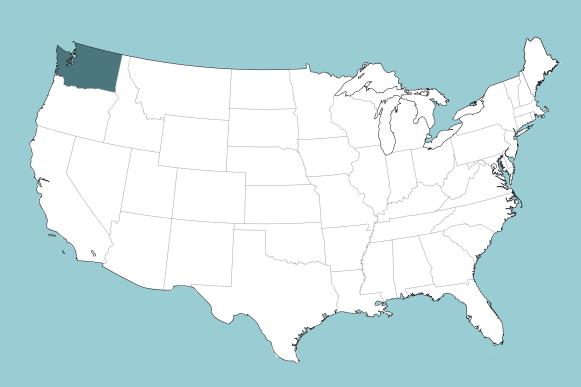
olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN WASHINGTON FOR THE WINTER! Carrots Garlic Kale Mushrooms Winter Squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Ora Mcfadden 5773 Banner Ave Spokane, WA 45878

بابيالساباساباباباباباب

Hey Ora,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	1 10				
Ш	1/2	zucc	h	ır	1

1	cup	musl	nrooms

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Ora Mcfadden 5773 Banner Ave Spokane, WA 45878

بانبالسابانيانانانانان





protein power bowl

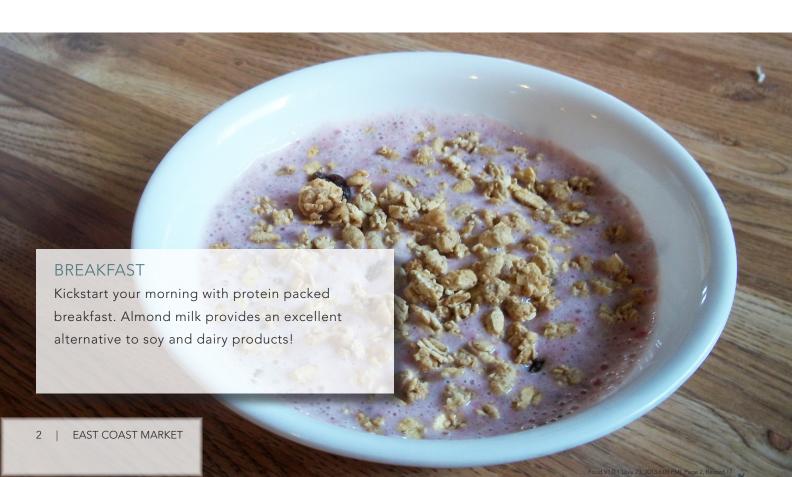
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



edamame energy bowl

PREP 35 min

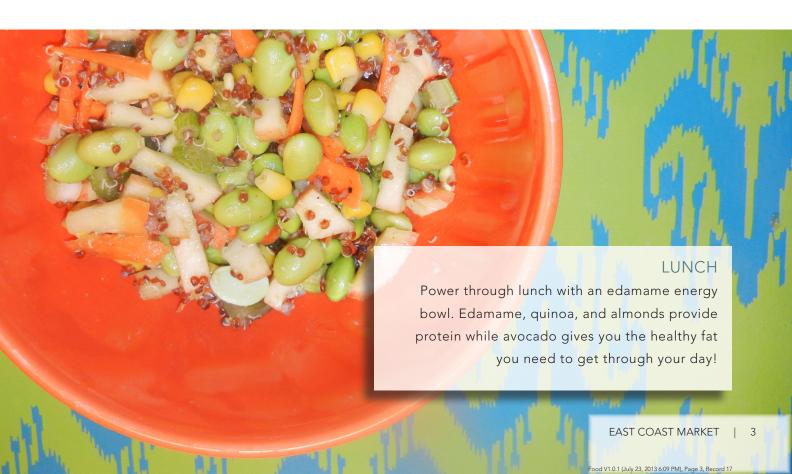
TOTAL 35 min

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.



peanut butter banana wrap

INGREDIENTS

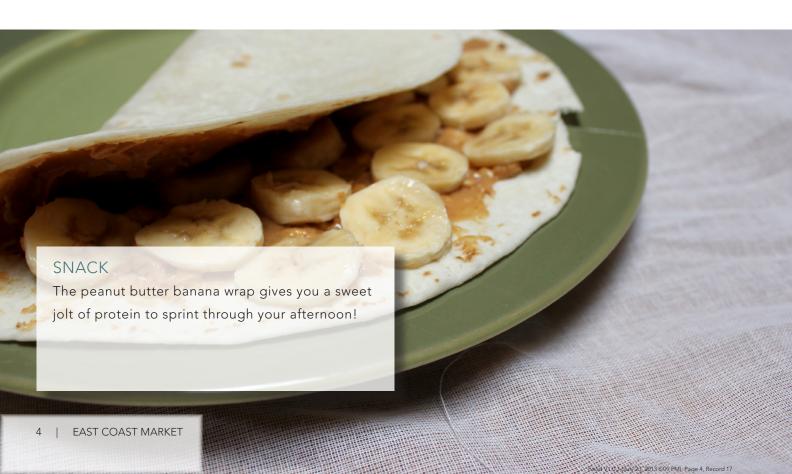
1 package flattened bananas 2-3 tbs peanut butter

PREP TIME

TOTAL RECIPE 4

INSTRUCTIONS

Lay out strips of flattened banana. Spread a layer of peanut butter on each strip and roll into a wonderful wrap snack.



smoky corn and black bean pizza

PREP 30 min

cheese. Grill until cheese is melted.

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal

on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and

TOTAL 30 min RECIPE 6

INGREDIENTS

1 plum tomato, diced

1 cup black beans

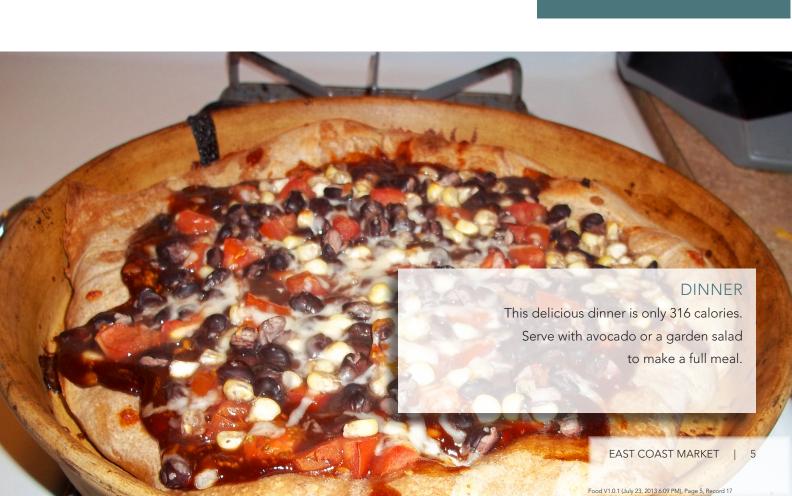
1 cup fresh corn

2 tbs cornmeal

1 pound pizza dough

1/3 cup barbecue sauce

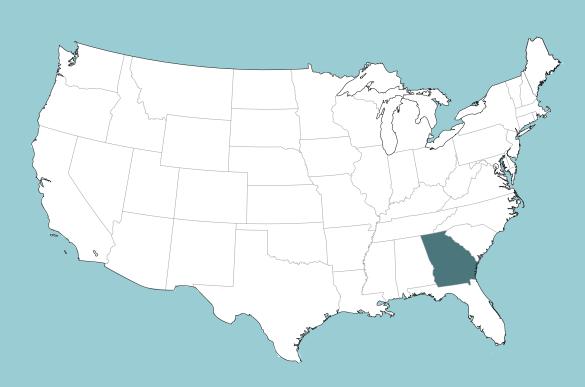
1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN GEORGIA FOR THE WINTER!

Brussel sprouts Carrots Kale Sweet potatoes Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Wang Bailey 7919 Lorraine St. Ap #882 Columbus, GA 72161

landadalan Hallana H

Hey Wang,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggr	olant
---	------	-----	-------

□ 1/2 z	zucchin
---------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

□ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Wang Bailey 7919 Lorraine St. Ap #882 Columbus, GA 72161

laaladalaallallaaadl





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

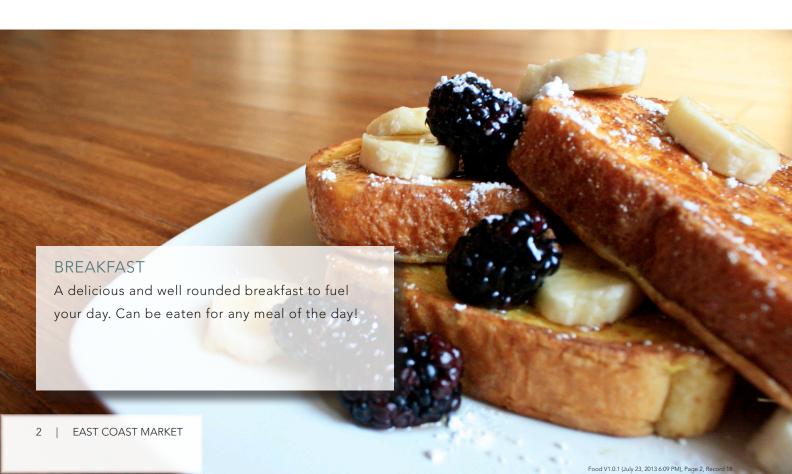
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

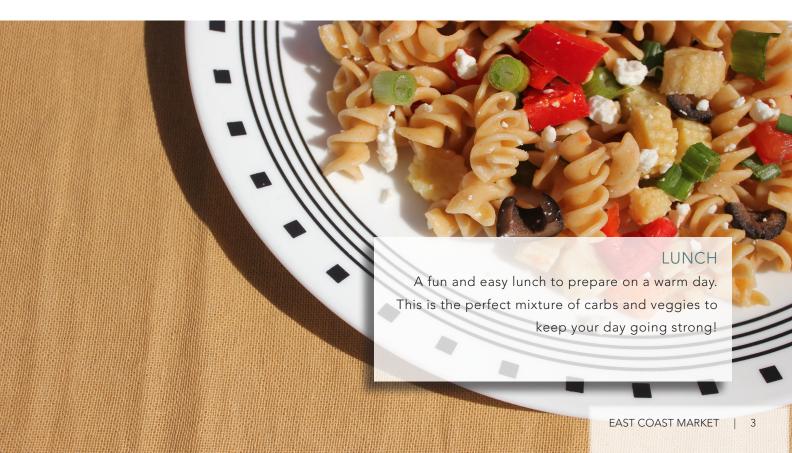
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

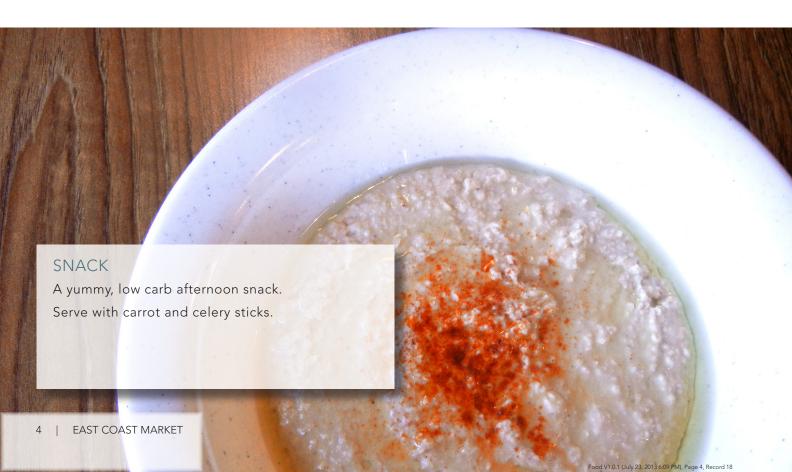
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

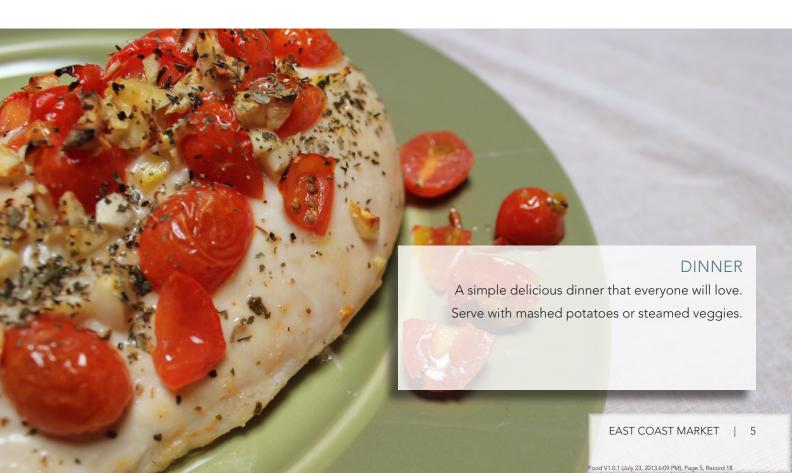
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

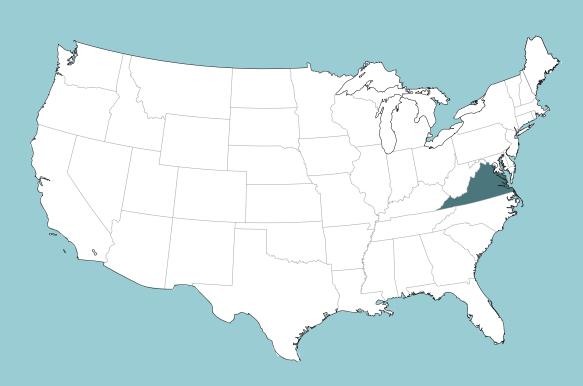
salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE SUMMER!

Blackberries Cantaloupe Cucumbers Grapes Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Stacey Golden P.O. Box 446 Virginia Beach, VA 70430

Intelligence of the Intell

Hey Stacey,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eg	gp!	ant
----	-------	-----	-----

	1 10				
Ш	1/2	zucc	h	ır	1

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Stacey Golden P.O. Box 446 Virginia Beach, VA 70430

haddaadadadda





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

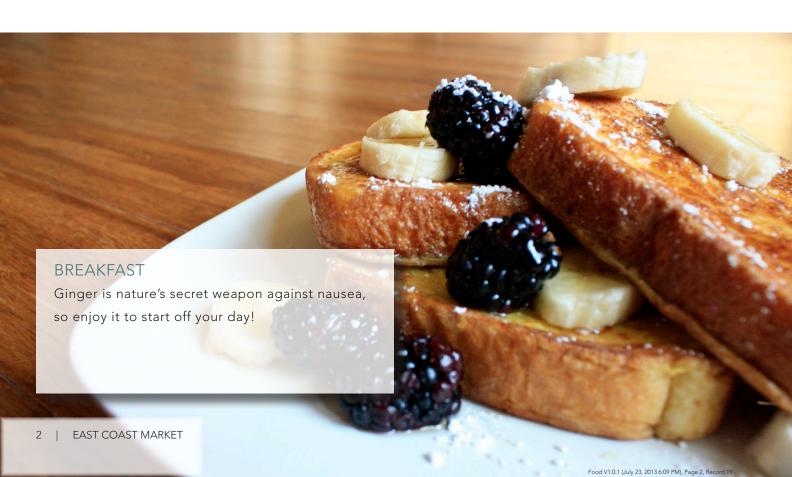
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

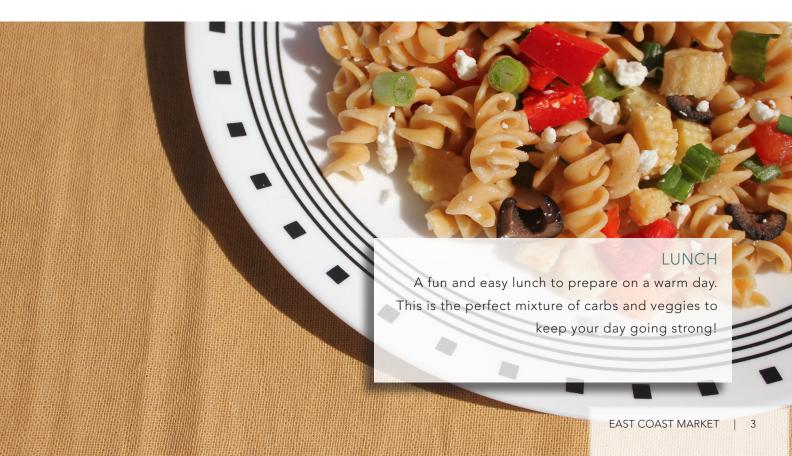
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

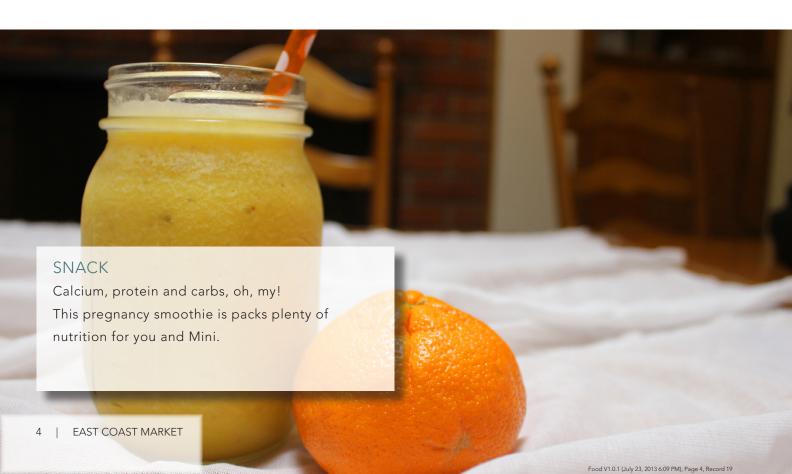
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

1 orange

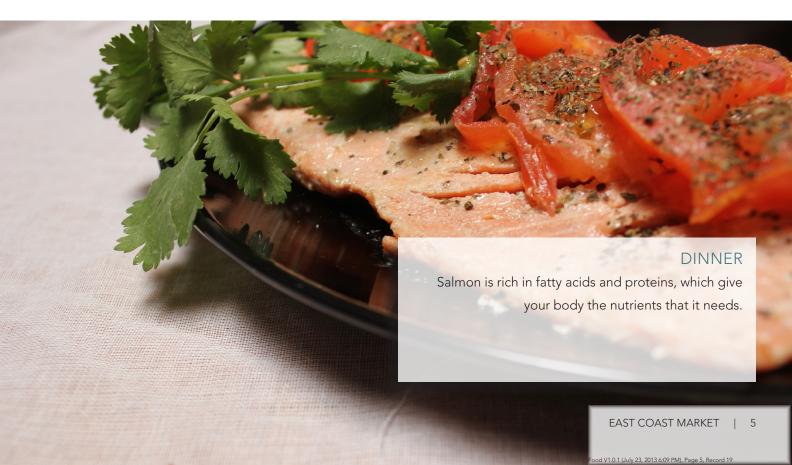
2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

INSTRUCTIONS

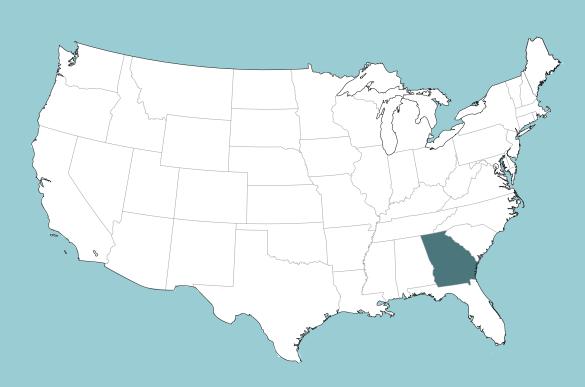
Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN GEORGIA FOR THE SPRING!

Blueberries Cabbage Lettuce Spinach Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Inga Hawkins 3262 Erskine Rd. Columbus, GA 33461

allaallalalallaaall

Hey Inga,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	lant
---	------	-----	------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

□ basil

☐ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Inga Hawkins 3262 Erskine Rd. Columbus, GA 33461

المساليا بالمالياليينالي





protein power bowl

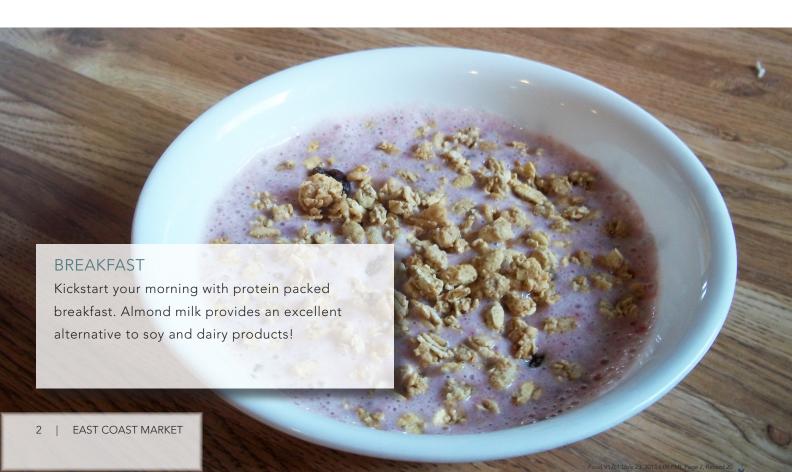
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

 $\underset{\text{TIME}}{\text{PREP}}~10~\text{min}$

RECIPE SERVES 2

INSTRUCTIONS

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

INGREDIENTS

1/2 eggplant

1/2 zucchini

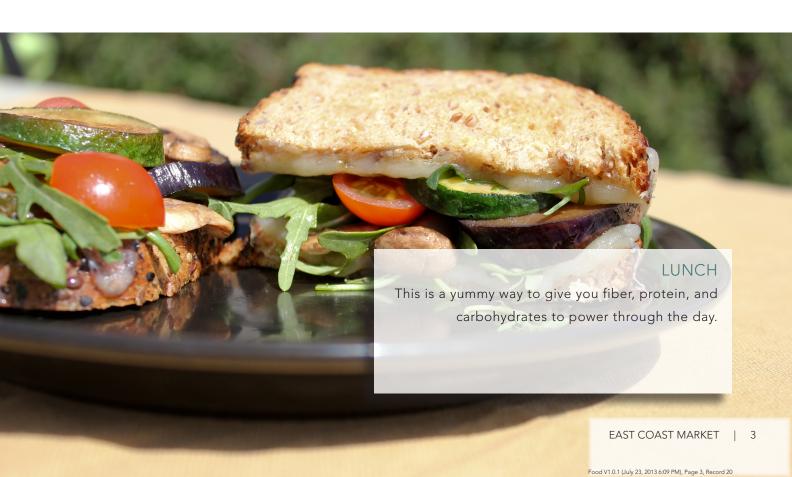
1 cup mushrooms

1 cup tomatoes

basil & arugula

2 tbs balsamic vinegar

Baguette slices



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

TOTAL TIME

-20 min

RECIPE SERVES 4

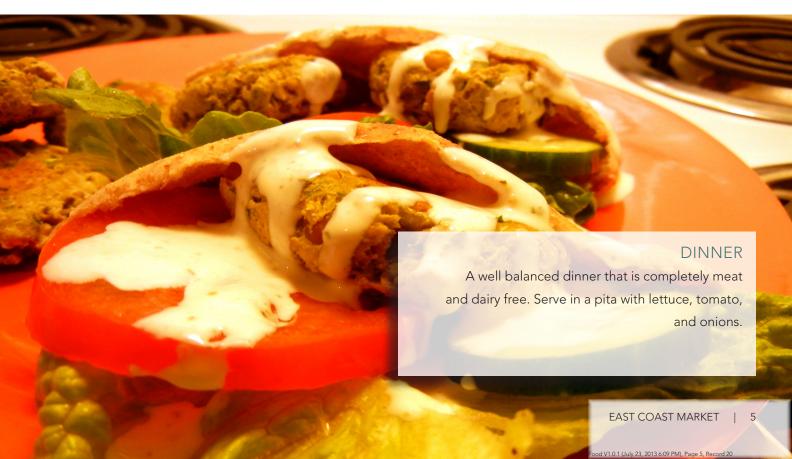
INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil

INSTRUCTIONS

Drizzle olive oil in baking dish. Preheat oven to 350.

Mash chickpeas. Add onions and garlic and blend. Add remaining ingredients to make a thick paste-like consistency. Shape into balls and place in baking dish. Bake for 15-20 minutes.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN RHODE ISLAND FOR THE SPRING! Collard greens Ginger Kale Lettuce

Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

13 Snowy Circle Providence, RI 02801 PAID POSTAGE

Fritz Nicholson 109 Senator Ave Ap #641 East Providence, RI 81931

Infamillation Hamilton

Hey Fritz,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-Fast Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

13 Snowy Circle Providence, RI 02801 PAID POSTAGE

Fritz Nicholson 109 Senator Ave Ap #641 East Providence, RI 81931

Indum III dan II dan II





spinach and cheese omelet

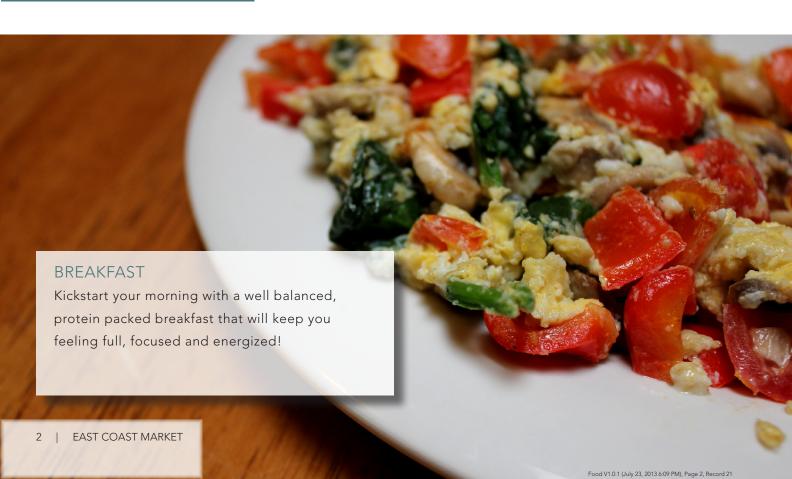
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



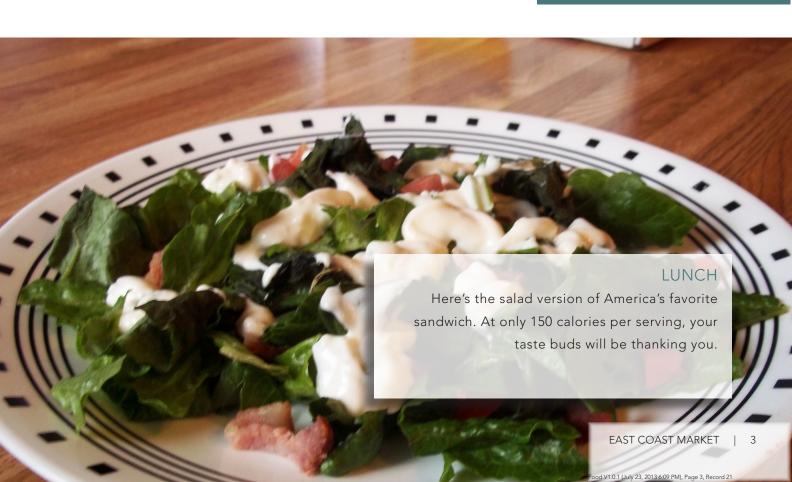
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

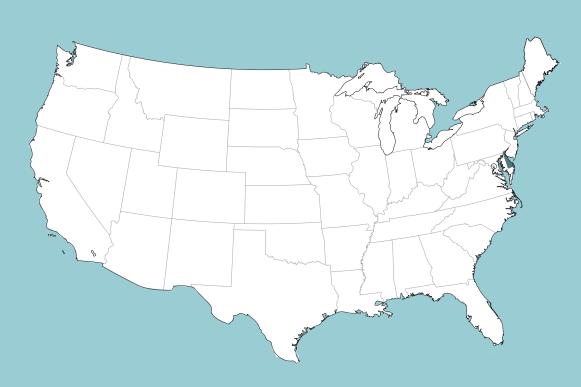
INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN DELAWARE FOR THE FALL! **Apples** Cabbage Chesnuts **Pumpkins** Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Nigel Velez 5447 Clove Street Pike Creek, DE 99897

Idadaladadddaladad

Hey Nigel,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

□ 1/2	eggp	lant
-------	------	------

	1 10				
Ш	1/2	zucc	h	ır	1

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Nigel Velez 5447 Clove Street Pike Creek, DE 99897

Idadaladadddaladad





protein power bowl

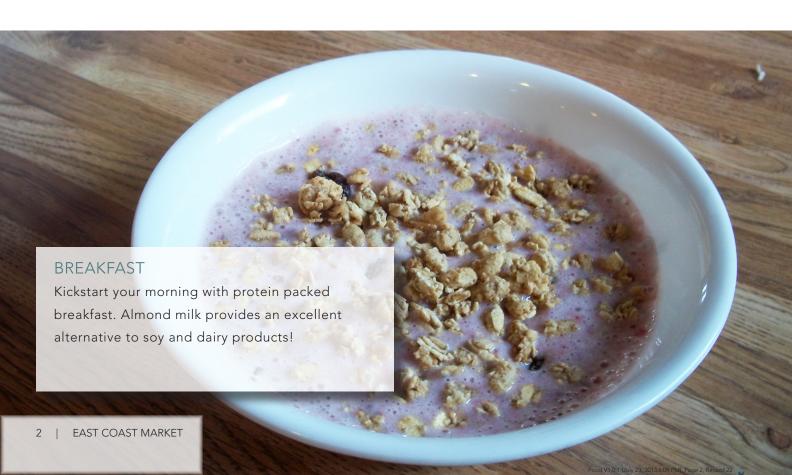
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

 $\underset{\text{TIME}}{\text{PREP}}~10~\text{min}$

INSTRUCTIONS

two baguette slices and enjoy.

Roast eggplant in balsamic vinegar. Combine all ingredients in between

RECIPE SERVES 2

INGREDIENTS

1/2 eggplant 1/2 zucchini

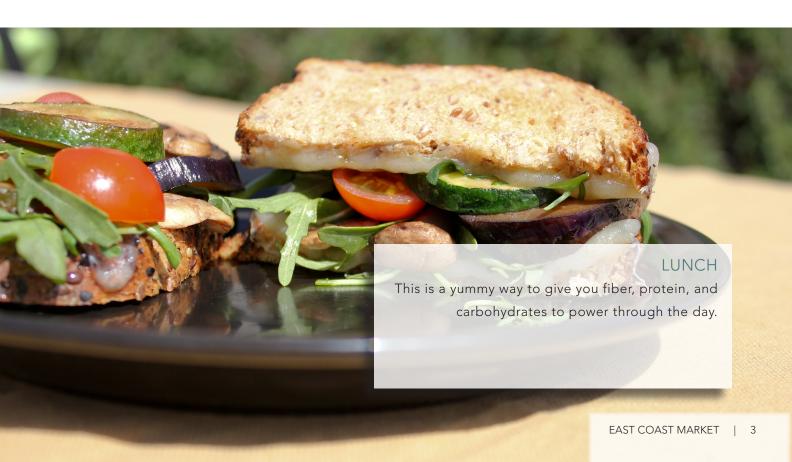
1 cup mushrooms

1 cup tomatoes

basil & arugula

2 tbs balsamic vinegar

Baguette slices



fresh applesauce

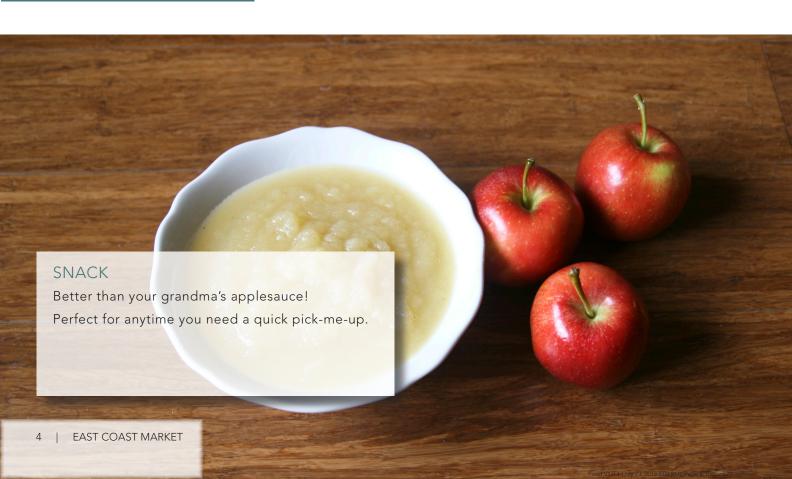
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

-20 min

RECIPE 4

INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil

Drizzle olive oil in baking dish. Preheat oven to 350. Mash chickpeas. Add onions and garlic and blend. Add remaining ingredients to make a thick paste-like consistency. Shape into balls and place in baking dish. Bake for 15-20 minutes.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN FLORIDA FOR THE FALL! Cabbage Carrots Cauliflower Cucumbers **Peppers**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13

offer valid at any east coast market location

SAVE \$1.00









The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

777 Orange Dr. Miami, FL 33101 PAID POSTAGE

Zachery Williamson 5633 Provost Street Tallahassee, FL 58122

المامليال المسلسليليان

Hey Zachery,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

	1/2	eggp	lant
--	-----	------	------

	4 10			
Ш	1/2	zucc	hι	nı

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

☐ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

777 Orange Dr. Miami, FL 33101 PAID POSTAGE

Zachery Williamson 5633 Provost Street Tallahassee, FL 58122

البابيانان البيبيانيانان





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$ SERVES $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

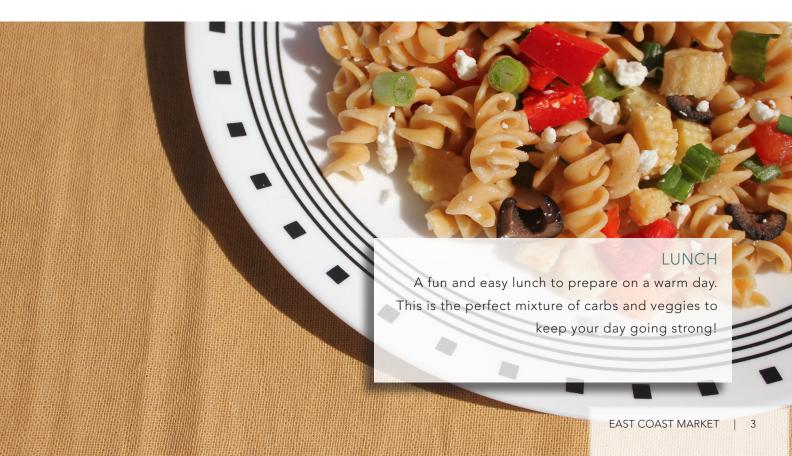
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

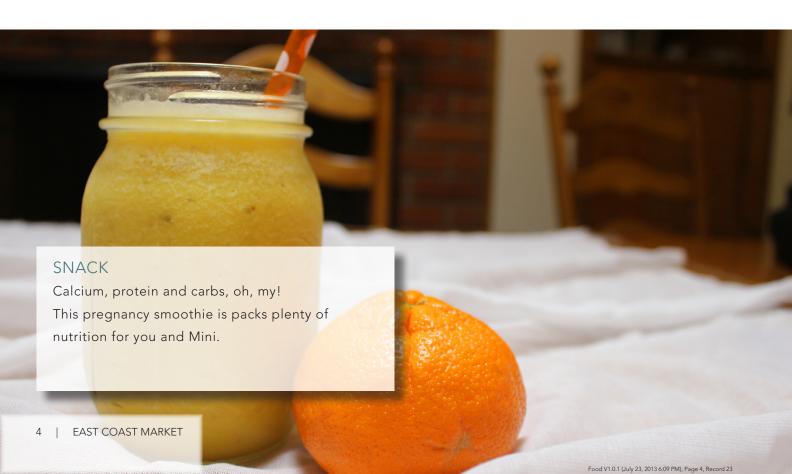
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

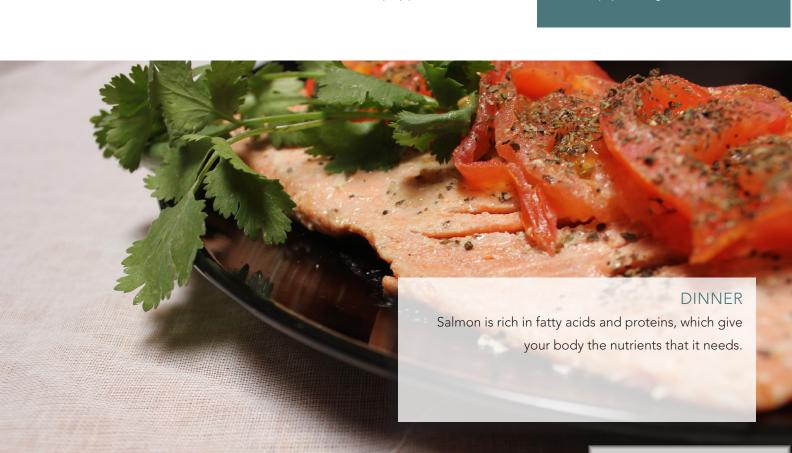
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

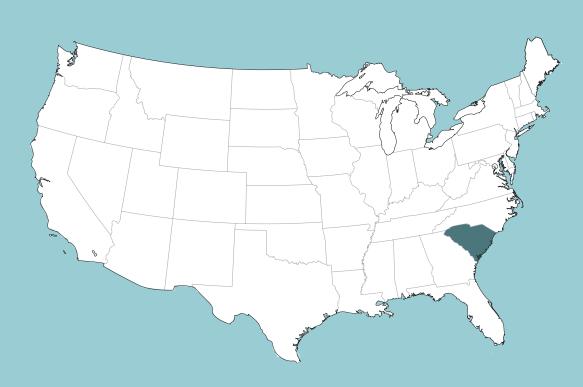
EAST COAST MARKET





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN SOUTH CAROLINA FOR THE SUMMER!

Cantaloupe Lettuce Peppers Scallions Watermelon



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Hollee Olsen 7500 Edwards St. North Charleston, SC 50764

التاسالياساساليانات

Hey Hollee,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

☐ 1 cup tomatoe

□ basil

☐ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Hollee Olsen 7500 Edwards St. North Charleston, SC 50764

التلبيبالياساليباليابان





spinach and cheese omelet

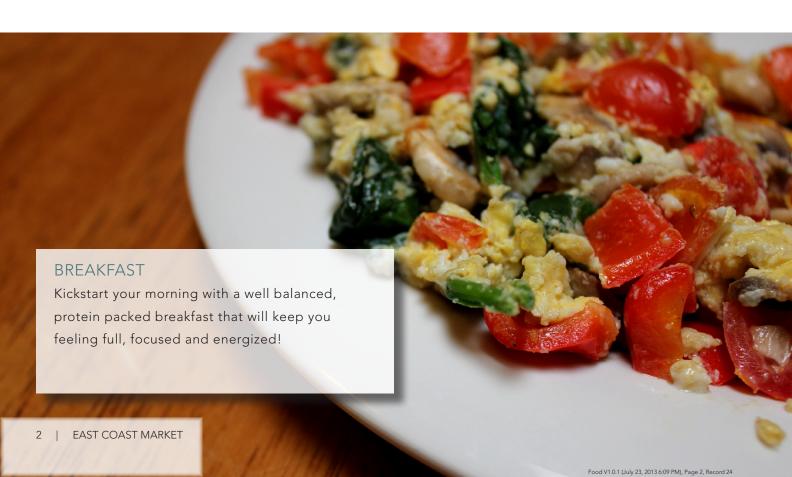
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

TOTAL 35 min

in SER\

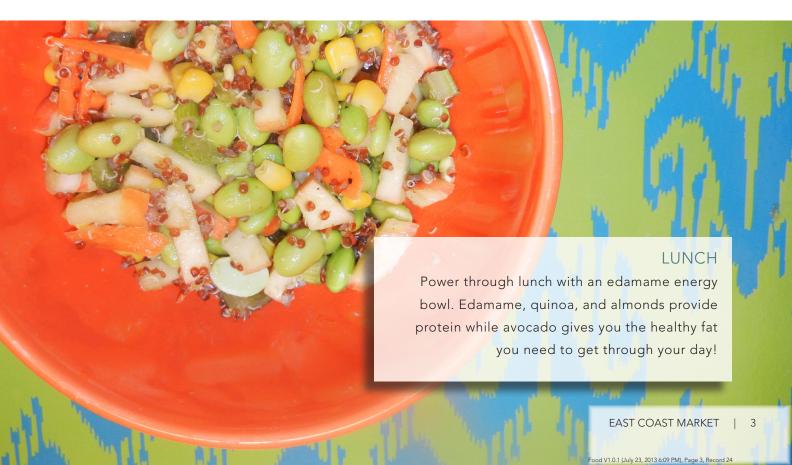
CIPE 4

INSTRUCTIONS

Prepare edamame and quinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame1 cup red quinoa, cooked2 celery ribs, sliced1/2 cup shredded carrots1 avocado, sliced1/3 cup sliced almondsItalian dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

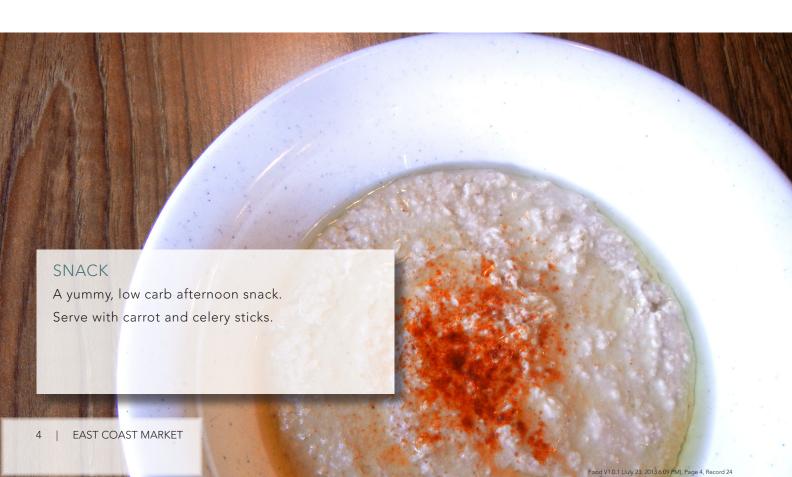
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

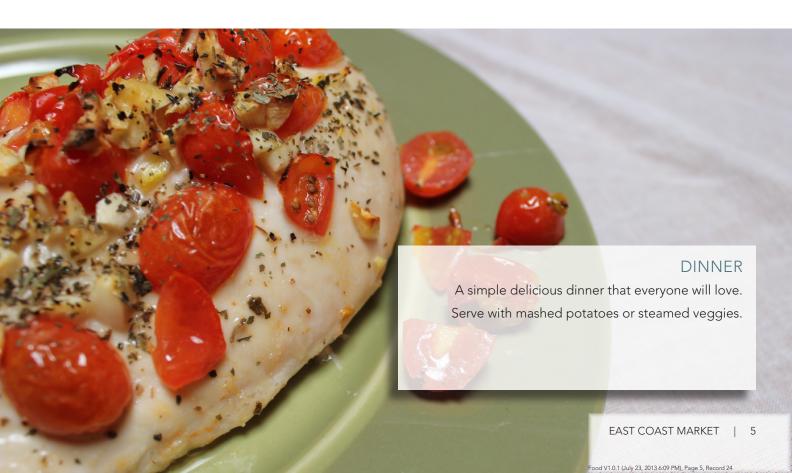
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

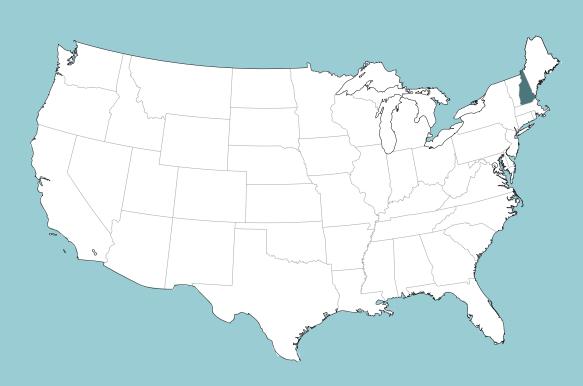
salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW HAMPSHIRE FOR THE WINTER!

Cranberries Lettuce Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Raja Rosa 323 Tompkins Rd. Manchester, NH 55588

بانتانانانانانانانانانان

Hey Raja,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

	1 10				
Ш	1/2	zucc	h	ır	1

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Raja Rosa 323 Tompkins Rd. Manchester, NH 55588

վոկսիվուկվոկվոկվու<u>կ</u>





spinach and cheese omelet

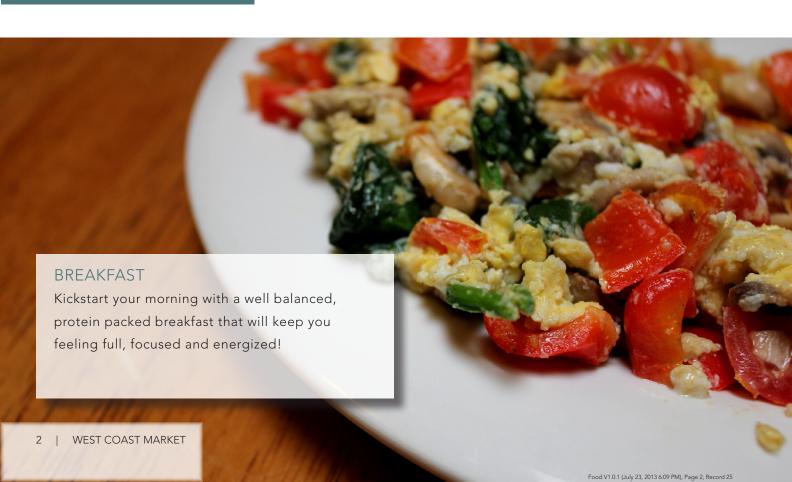
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

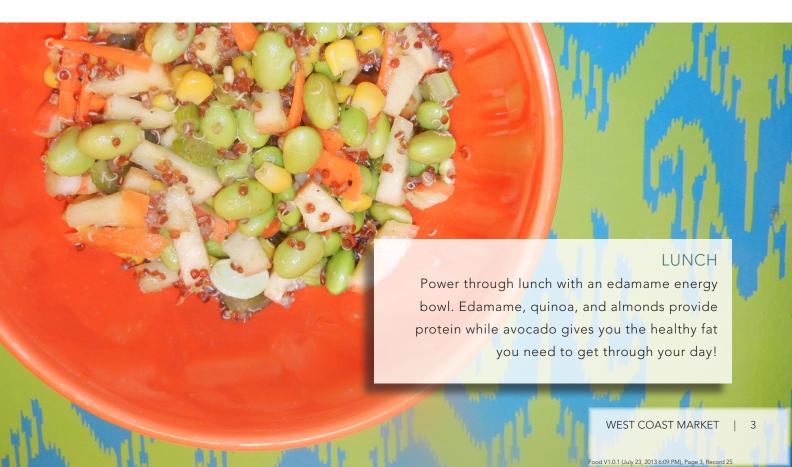
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

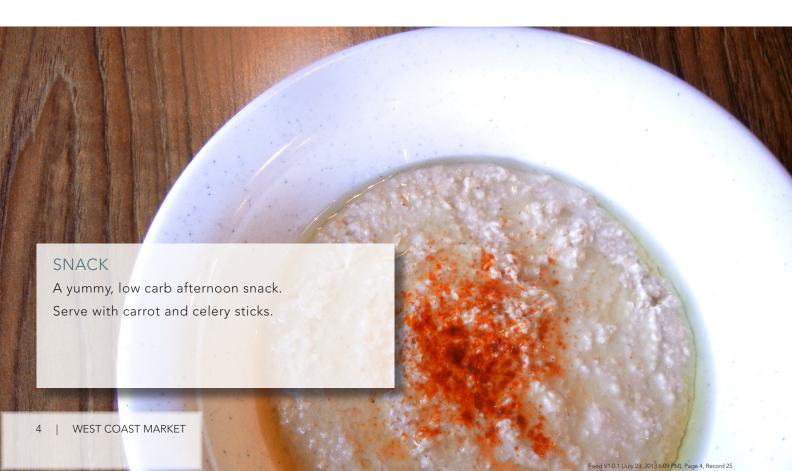
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

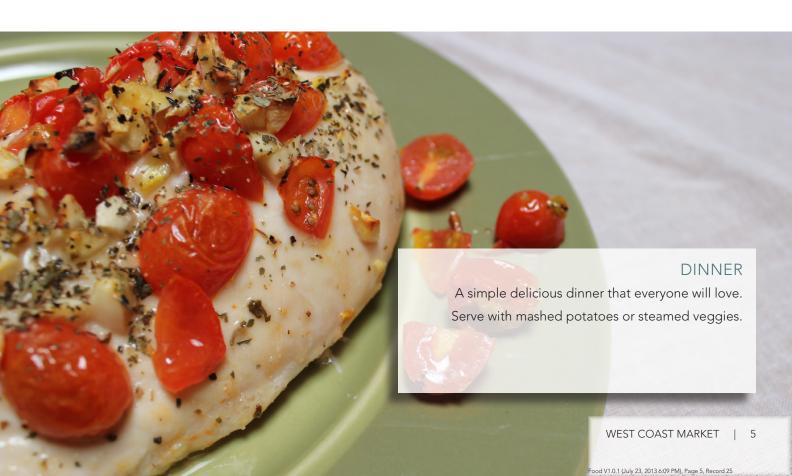
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

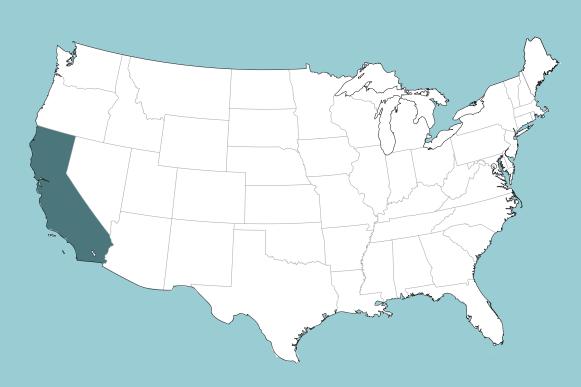
olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL! **Apples** Broccoli Brussel sprouts **Peppers** Pomegranates



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Sonia Kirby P.O. Box 598 San Diego, CA 5331

التسالسالسال

Hey Sonia,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

_					
	1/2	zucc	h	ir	٠i
\square	1/2	Zucc	ш	ш	Ш

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Sonia Kirby P.O. Box 598 San Diego, CA 5331

المسالسالسال





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

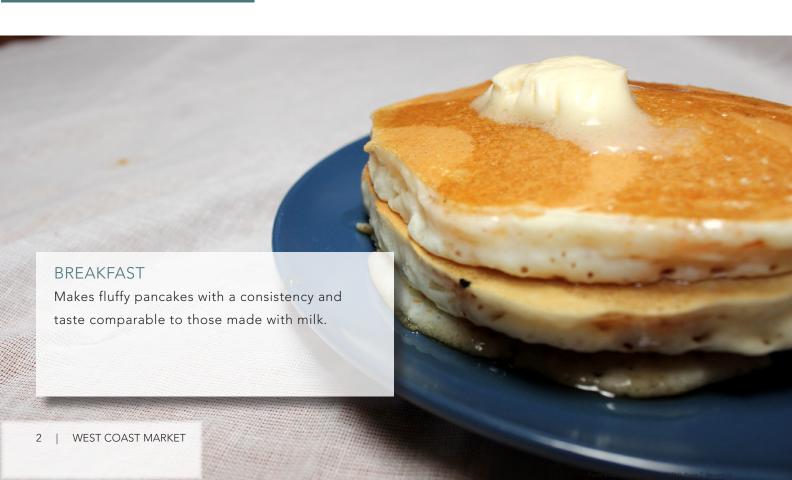
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

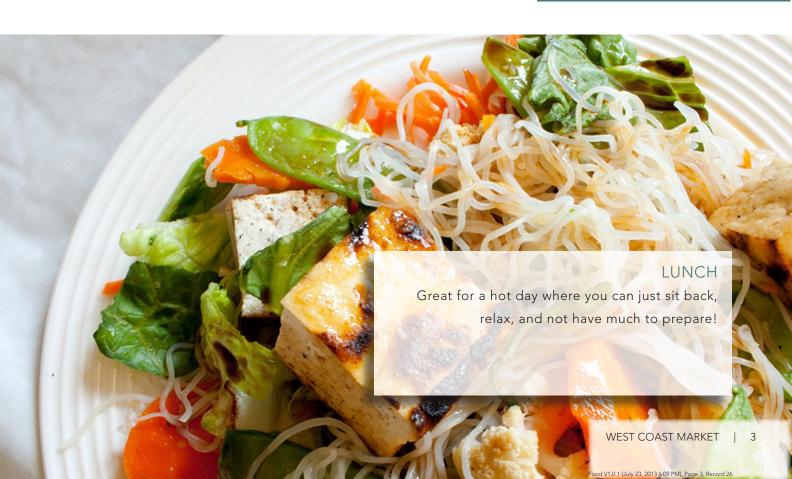
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min (

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa

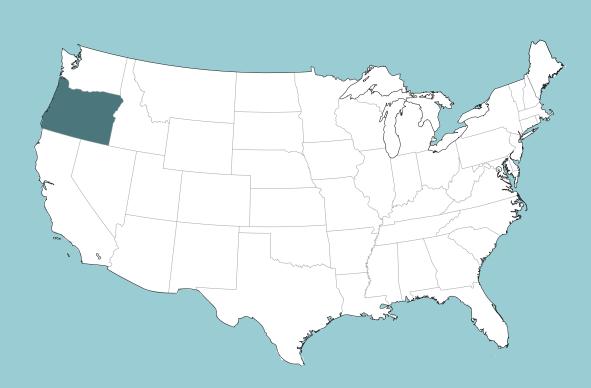
INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN OREGON FOR THE WINTER! Hazelnuts Potatoes Walnuts Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



444 Cloudy St. Portland, OR 97034 PAID POSTAGE

Sawyer Estrada P.O. Box 725 Salem, OR 16399

والمامليا السيالياليين

Hey Sawyer,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2	egg	Jp	lar	nt
---	----	-----	----	-----	----

\square 1/2 z	zucchin
-----------------	---------

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

☐ 1 cup	tomatoes
---------	----------

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

444 Cloudy St. Portland, OR 97034

PAID POSTAGE

Sawyer Estrada P.O. Box 725 Salem, OR 16399

والطواط الموطال الموا





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

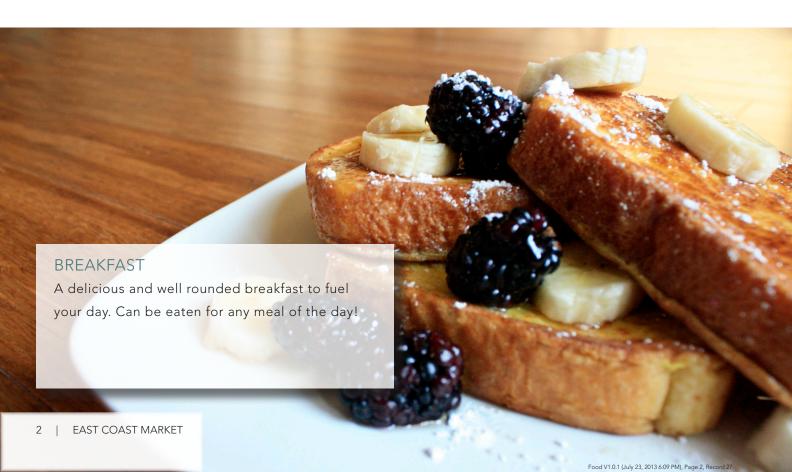
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



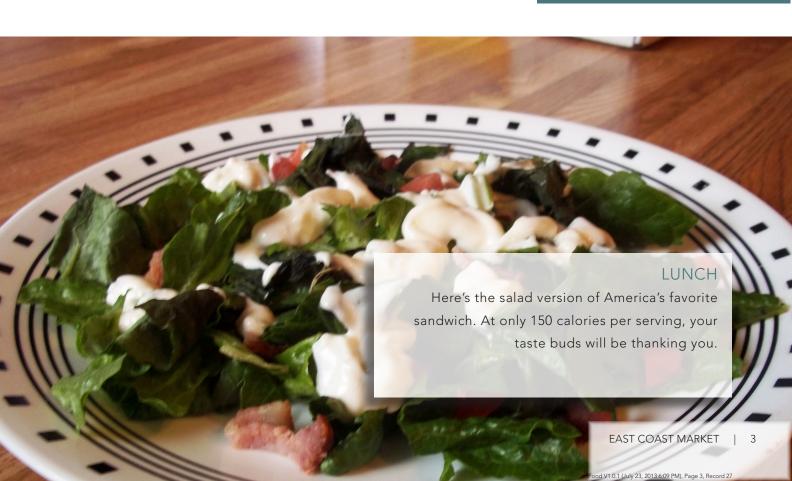
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

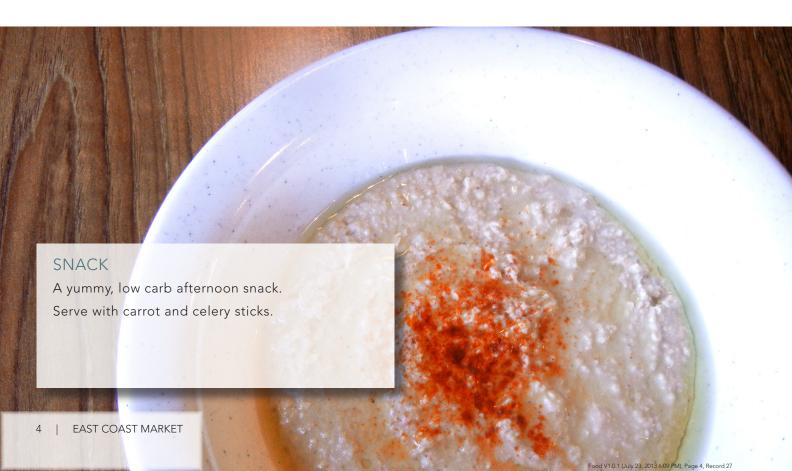
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

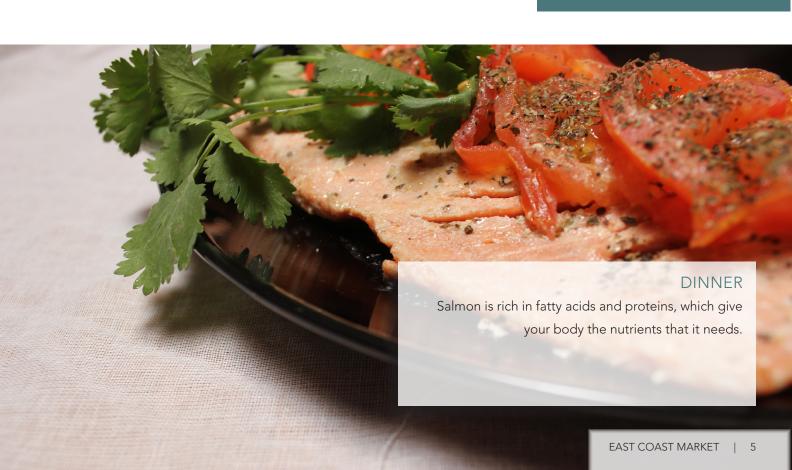
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

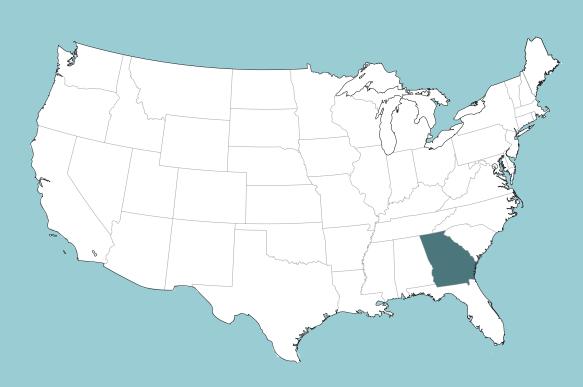
1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN GEORGIA FOR THE FALL! **Apples** Cabbage Cucumbers Grapes Pecans



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13

er valid at any east coast market location offer vali











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Erich Oconnor P.O. Box 990 Augusta, GA 7779

Indladladda

Hey Erich,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
 - \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Erich Oconnor P.O. Box 990 Augusta, GA 7779

Indladladda





delicious gluten free pancakes

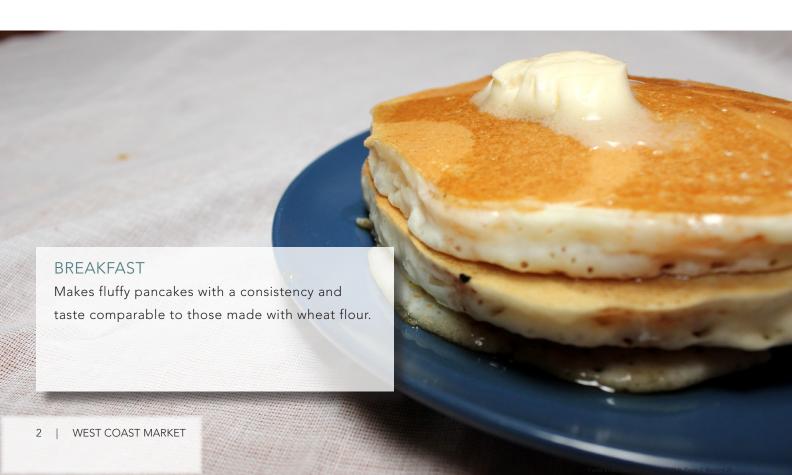
INGREDIENTS

- 1 cup rice flour
- 3 tbs tapioca flour
- 4 tbs dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 tsp baking powder
- 2 eggs
- 3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

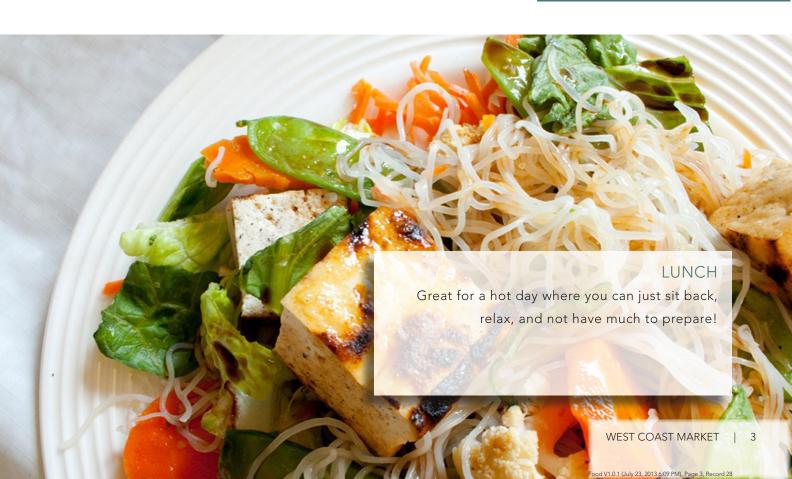
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

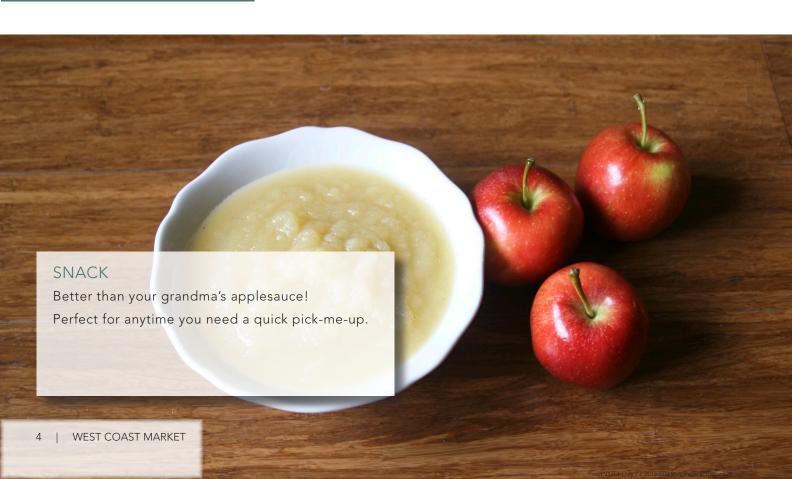
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

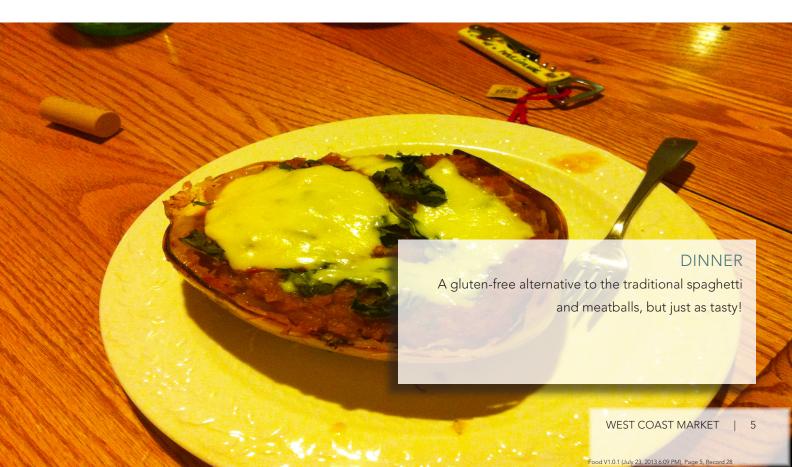
Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

INGREDIENTS

2 whole spaghetti squash olive oil salt & pepper 1-1/2 lbs meatballs

4 cups spaghetti sauce

1 cup mozzarella cheese, shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE WINTER! Avocados Grapefruit Kale Lemons Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS























The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Camilla Winters 8380 Jardine Av. San Francisco, CA 39891

المسابانا بالمابيات المابانات

Hey Camilla,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	991	olant	
---	------	-----	-------	--

\square 1/2 z	zucchin
-----------------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Camilla Winters 8380 Jardine Av. San Francisco, CA 39891

المساباناتياتياتياناليا





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

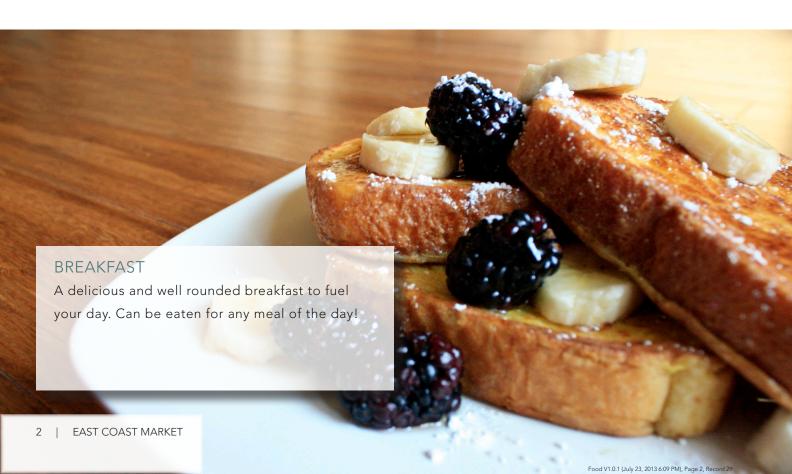
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

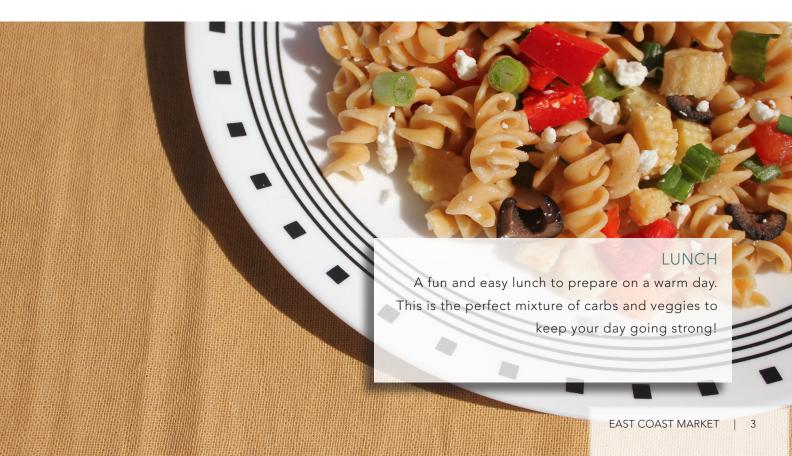
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

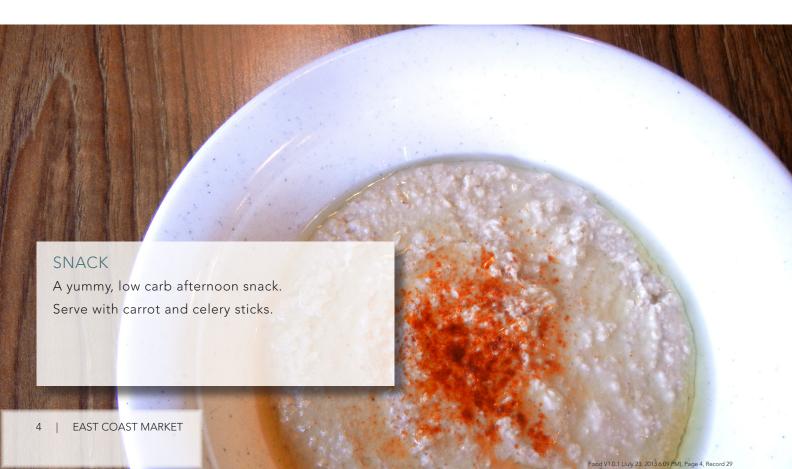
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

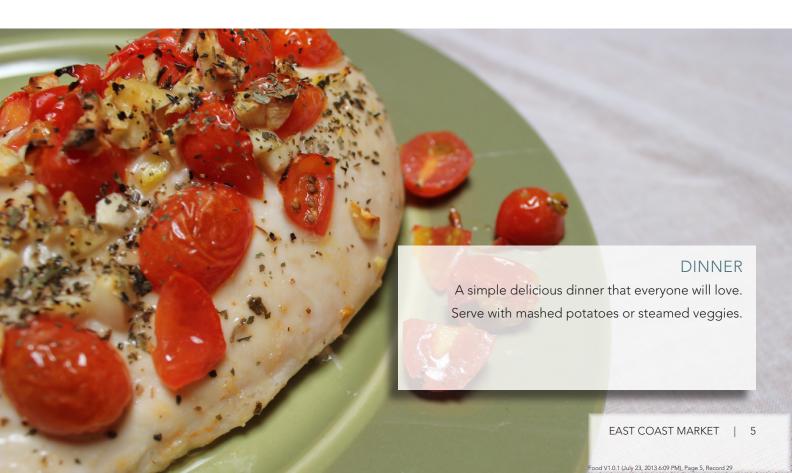
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

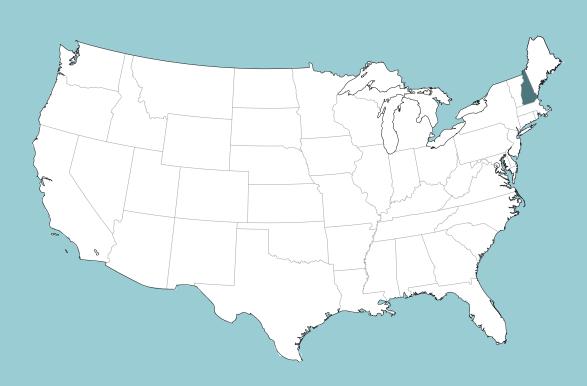
olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW HAMPSHIRE FOR THE SUMMER! Apricots Blueberries Gooseberries **Nectarines** Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Xander Velez 7075 Ridge Avenue Derry, NH 37857

اساباناتناتنالينالينالي

Hey Xander,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Xander Velez 7075 Ridge Avenue Derry, NH 37857

اسامانا والماليا السامالات





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

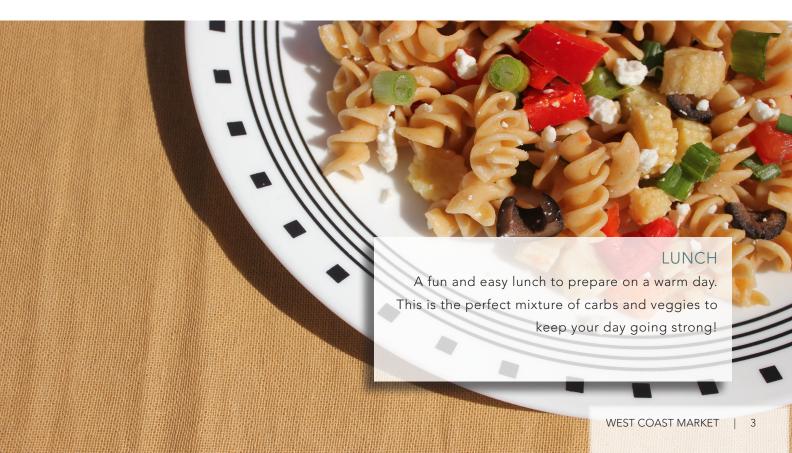
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

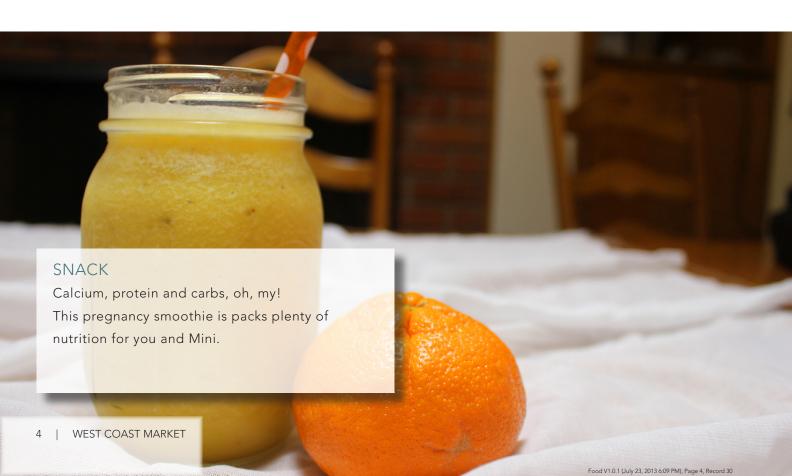
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

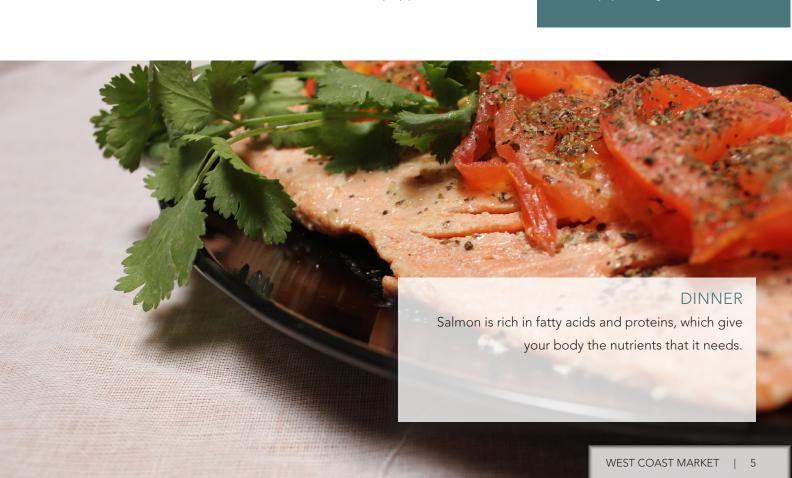
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE WINTER! Avocados Grapefruit Kale Lemons Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Cheryl Trevino 4106 Paerdegat St. Ap #186 San Francisco, CA 23777

اسالسالسالسالسا

Hey Cheryl,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

1/2	zucchin
-----	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

□ basil

□ arugula

2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Cheryl Trevino 4106 Paerdegat St. Ap #186 San Francisco, CA 23777

اسالسالسالسالسا





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

PREP 10 min TOTAL 30 min RECIPE SERVES

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes

1 yellow bell pepper

1 cup baby corns

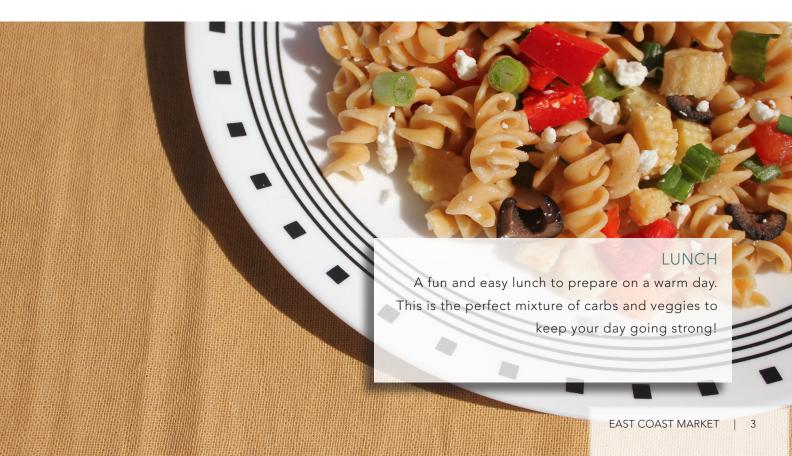
1 cup chopped green onion

1/2 cup black olives

Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.



sesame orange smoothie

INGREDIENTS

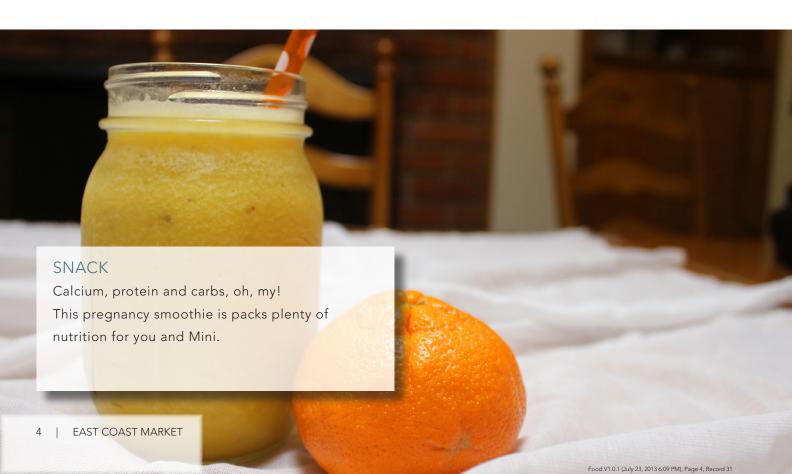
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

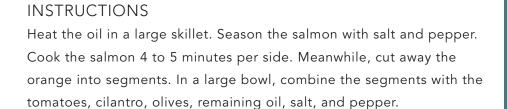
kosher salt and black pepper

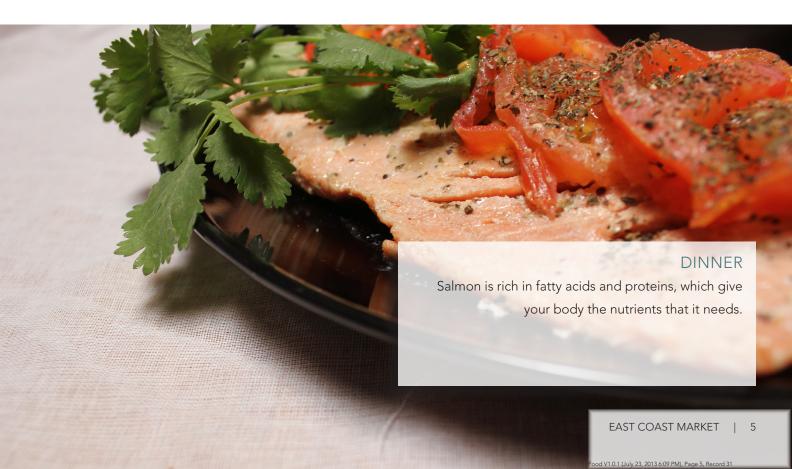
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives







BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MAINE FOR THE SUMMER! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Alea Albert P.O. Box 499 Bangor, ME 99034

Idadalallaaalladal

Hey Alea,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	4 10				
Ш	1/2	zucc	h	ır	١I

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

□ basil

☐ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Alea Albert P.O. Box 499 Bangor, ME 99034

Idadala Hamillada I





protein power bowl

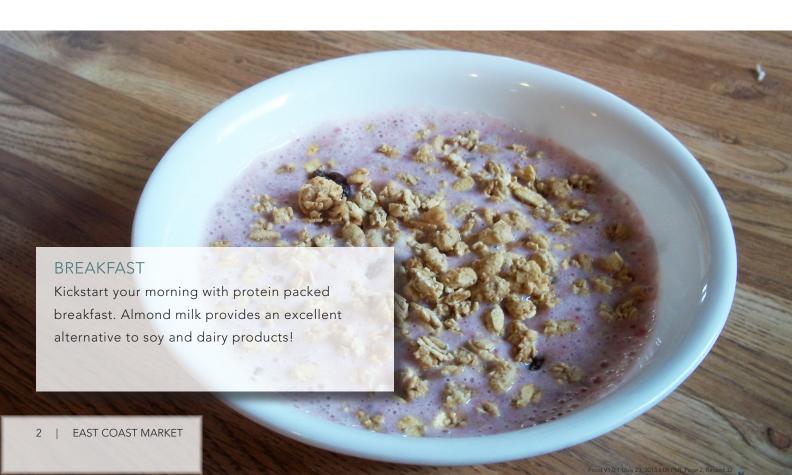
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



edamame energy bowl

PREP 35 min

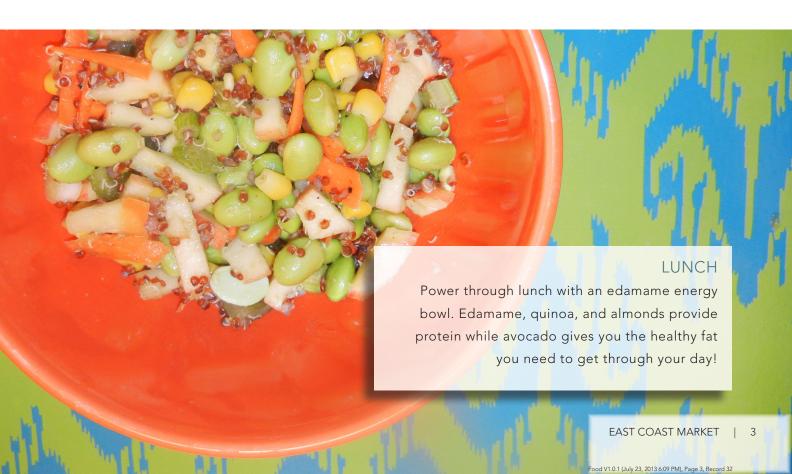
TOTAL 35 min

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.



peanut butter banana wrap

INGREDIENTS

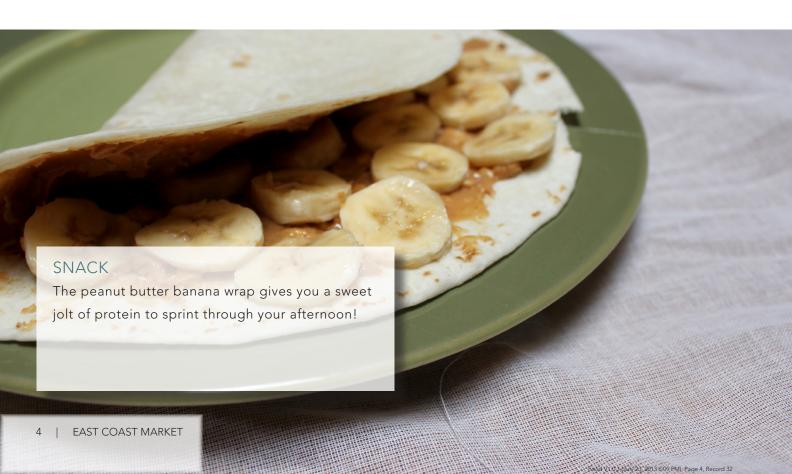
1 package flattened bananas 2-3 tbs peanut butter

PREP TIME

TOTAL RECIPE 4

INSTRUCTIONS

Lay out strips of flattened banana. Spread a layer of peanut butter on each strip and roll into a wonderful wrap snack.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE WINTER!

Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Madeson Marks 5009 Main Road Chesapeake, VA 10293

and Hamadalladamilla

Hey Madeson,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Madeson Marks 5009 Main Road Chesapeake, VA 10293

بالسيابالياسيالالس





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$ SERVES $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

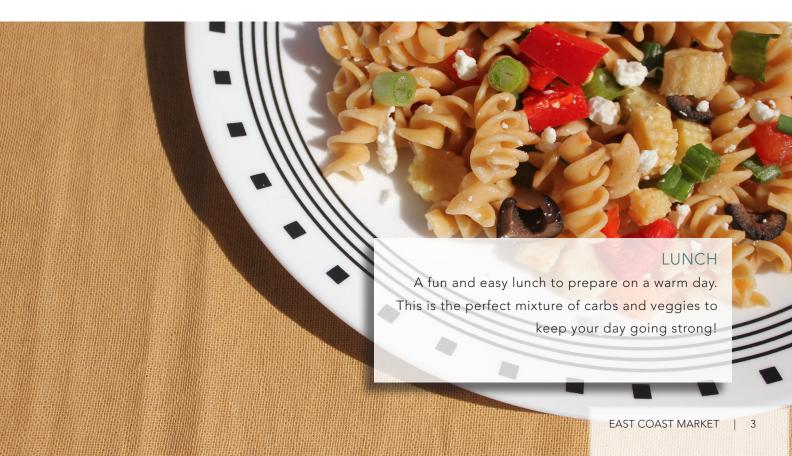
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

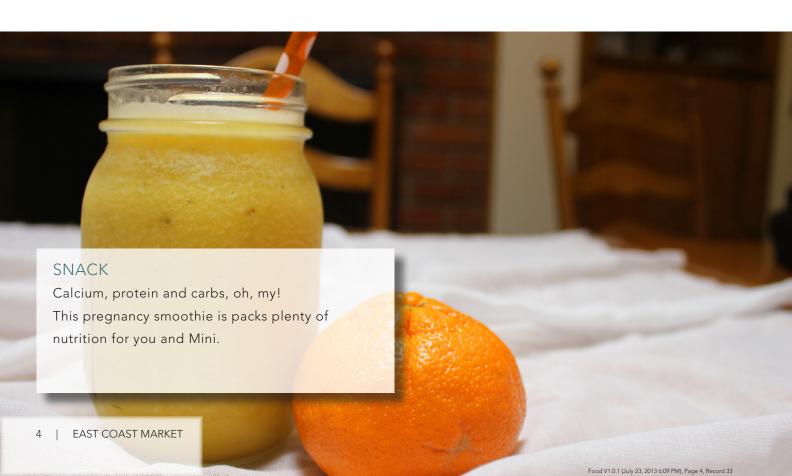
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME $5 \min$

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

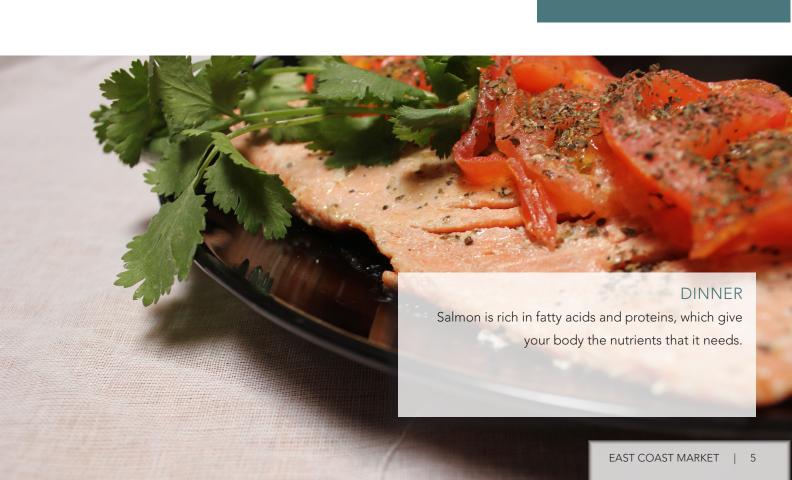
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE FALL! **Apples** Broccoli **Peppers** Pumpkin Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Gwendolyn Stuart 8565 Pearson Ave Virginia Beach, VA 53601

المسالمالمالسابا

Hey Gwendolyn,
Try this recipe for a roasted
eggplant sandwich! This is a
yummy way to give you fiber,
protein, and carbohydrates to
power through the day.
-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	1 /0				
\Box	1/2	zucc	n	ın	П

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

natoes
nato

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Gwendolyn Stuart 8565 Pearson Ave Virginia Beach, VA 53601

المسالمالمالساباء





spinach and cheese omelet

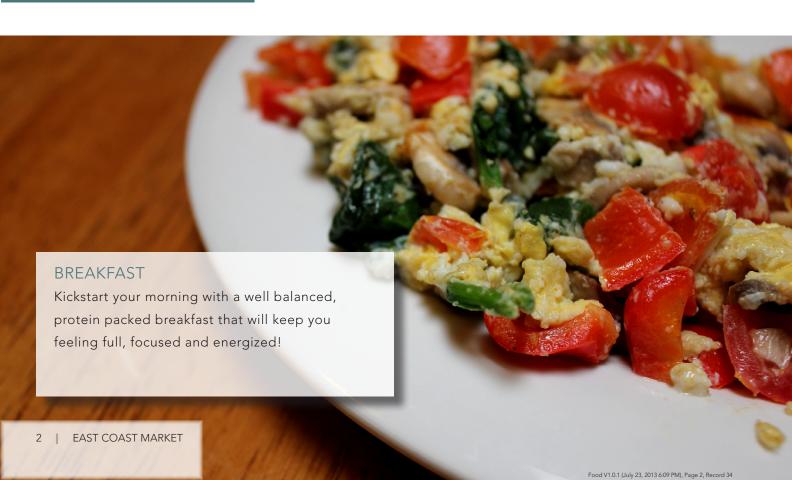
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

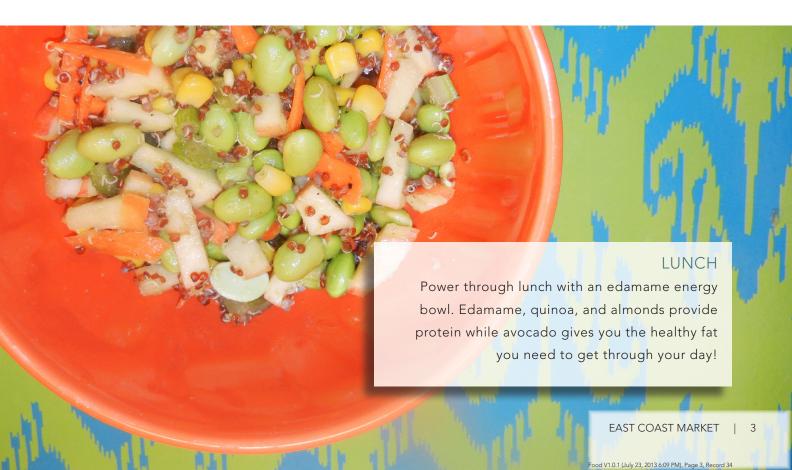
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

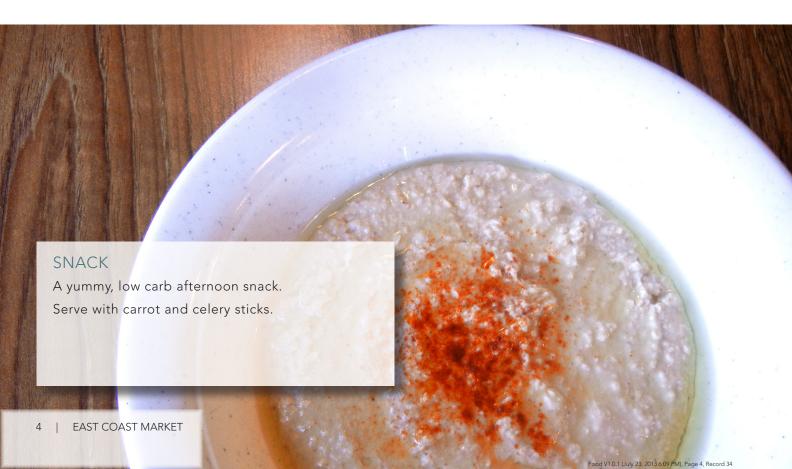
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

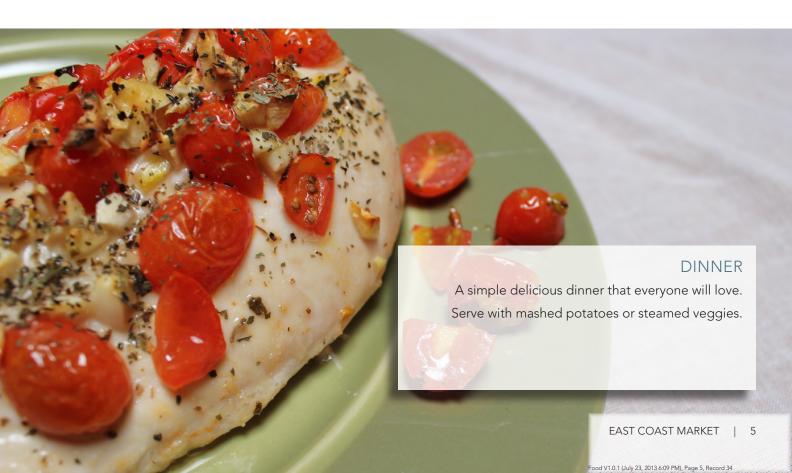
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

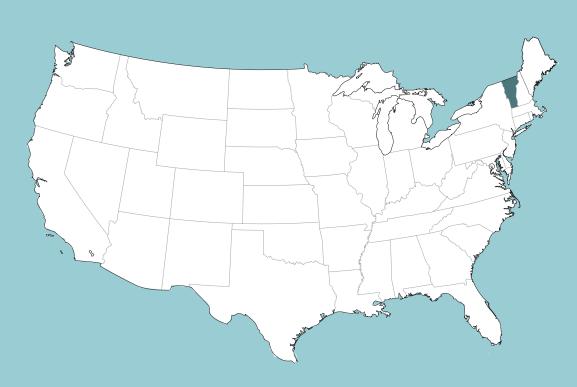
olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VERMONT FOR THE WINTER! Cranberries Lettuce Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Maris Langley 3363 Bridge Rd. Burlington, VT 11292

aallaallalallalaadd

Hey Maris,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦Ι

] 1	cup	mushrooms
-----	-----	-----------

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Maris Langley 3363 Bridge Rd. Burlington, VT 11292

الباساليالياليالسالي





delicious gluten free pancakes

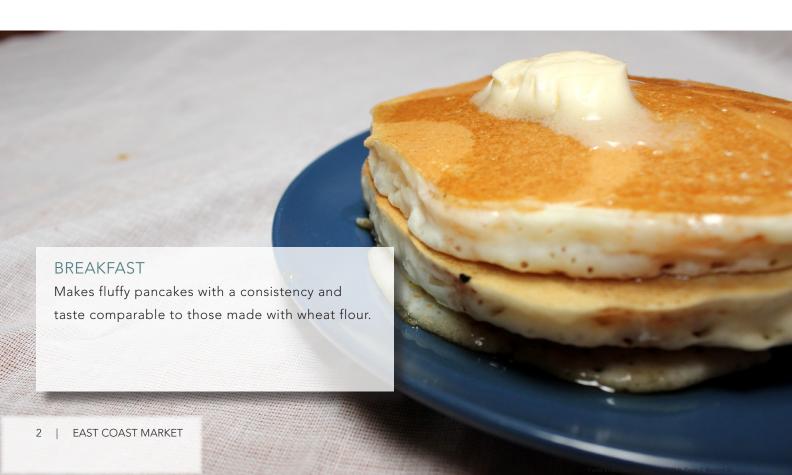
INGREDIENTS

- 1 cup rice flour
- 3 tbs tapioca flour
- 4 tbs dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 tsp baking powder
- 2 eggs
- 3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

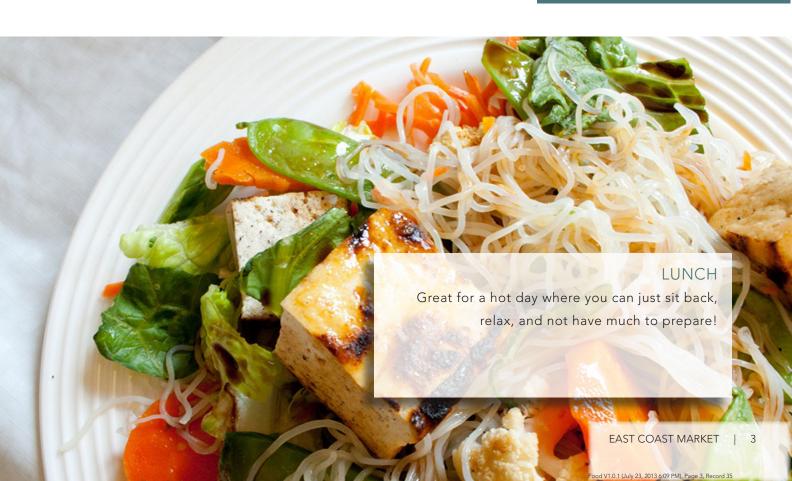
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

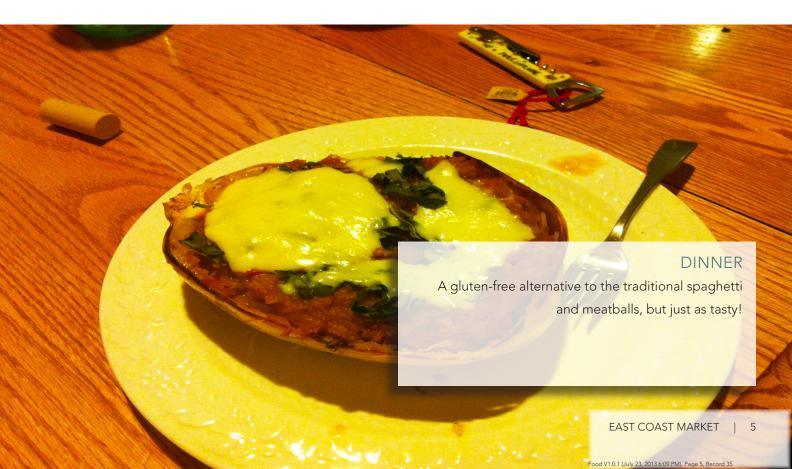
Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

INGREDIENTS

2 whole spaghetti squash olive oil salt & pepper 1-1/2 lbs meatballs

4 cups spaghetti sauce 1 cup mozzarella cheese,

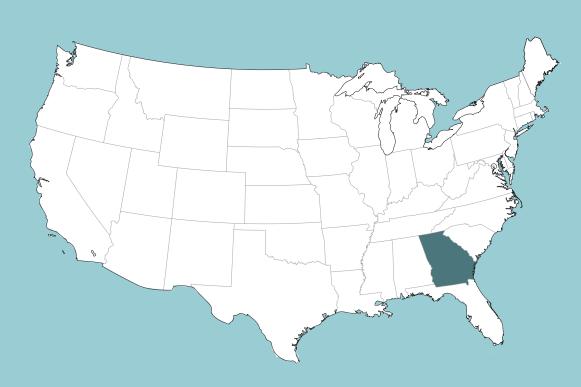
shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN GEORGIA FOR THE WINTER!

Brussel sprouts Carrots Kale Sweet potatoes Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Xandra Ellis P.O. Box 257 Augusta, GA 10682

الماسلماليالييناااليين

Hey Xandra,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

□ 1/2	eggp	ant
-------	------	-----

_						
	1/2	zucc	h	i٠	٦i	i
\square	1/2	Zucc	П	Ш	Ш	ı

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Xandra Ellis P.O. Box 257 Augusta, GA 10682

المسامانيالسيالالس





protein power bowl

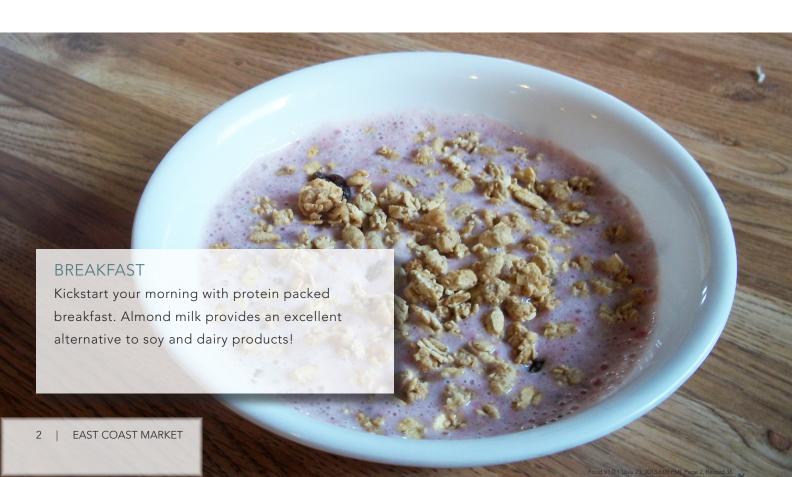
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



edamame energy bowl

PREP 35 min

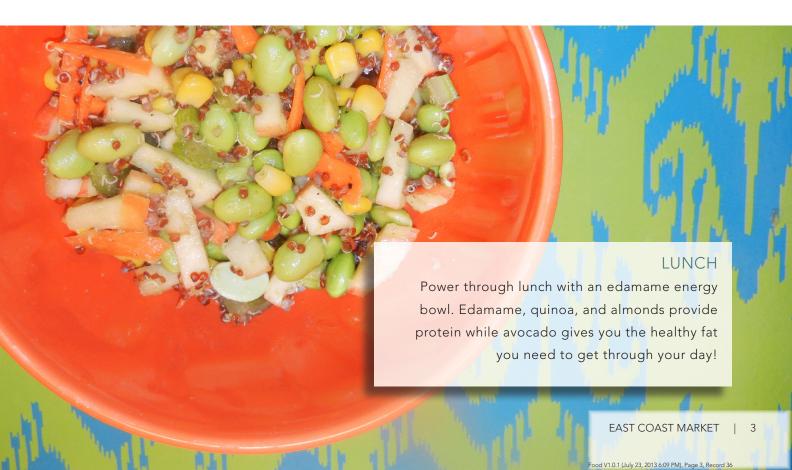
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



peanut butter banana wrap

INGREDIENTS

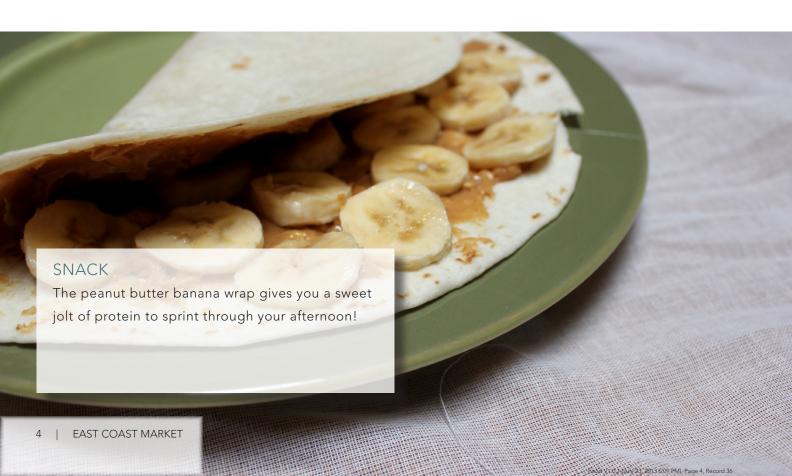
1 package flattened bananas 2-3 tbs peanut butter

PREP TIME

TOTAL RECIPE 4

INSTRUCTIONS

Lay out strips of flattened banana. Spread a layer of peanut butter on each strip and roll into a wonderful wrap snack.



smoky corn and black bean pizza

PREP 30 min

cheese. Grill until cheese is melted.

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal

on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and

TOTAL 30 min RECIPE 6

INGREDIENTS

1 plum tomato, diced

1 cup black beans

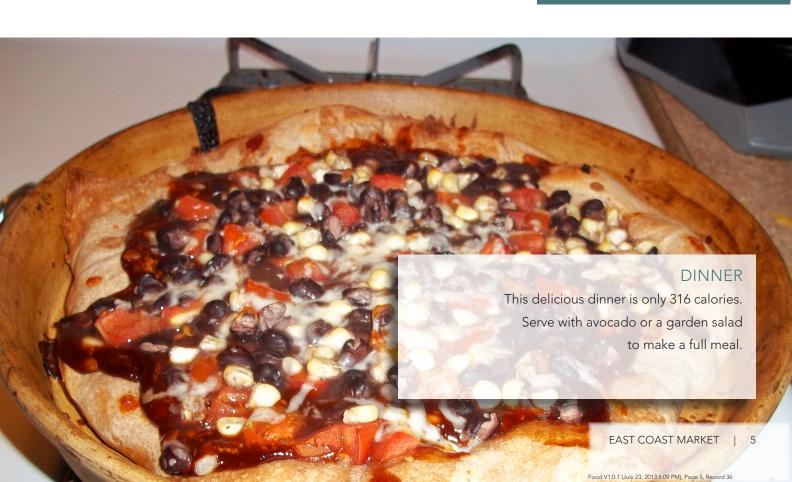
1 cup fresh corn

2 tbs cornmeal

1 pound pizza dough

1/3 cup barbecue sauce

1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE WINTER!

Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Jamal Forbes 5234 Felix St. Ap #113 Norfolk, VA 24581

adalahalahdalahandi

Hey Jamal,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

	1 10				
Ш	1/2	zucc	h	ır	1

1	cup	mus	hro	oms

1	cup	tomatoes

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Jamal Forbes 5234 Felix St. Ap #113 Norfolk, VA 24581

المسامانانانانانانانانانا





protein power bowl

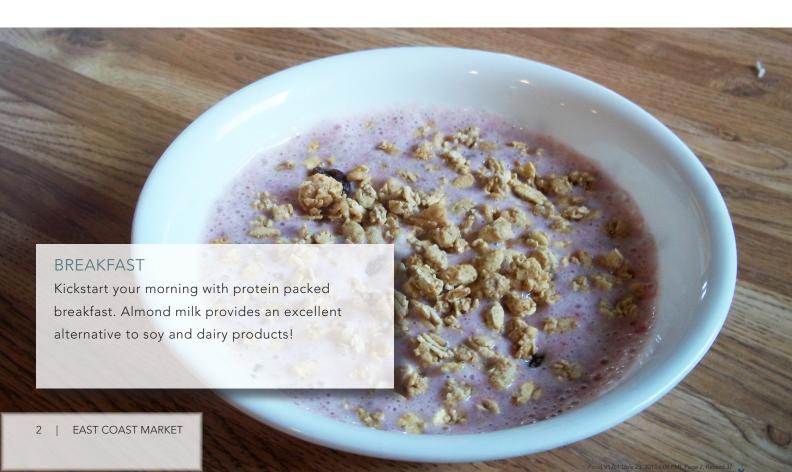
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



edamame energy bowl

PREP 35 min

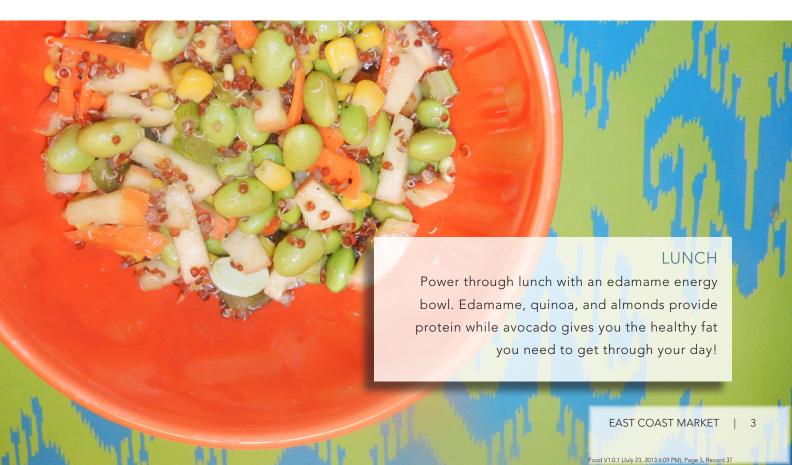
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



peanut butter banana wrap

INGREDIENTS

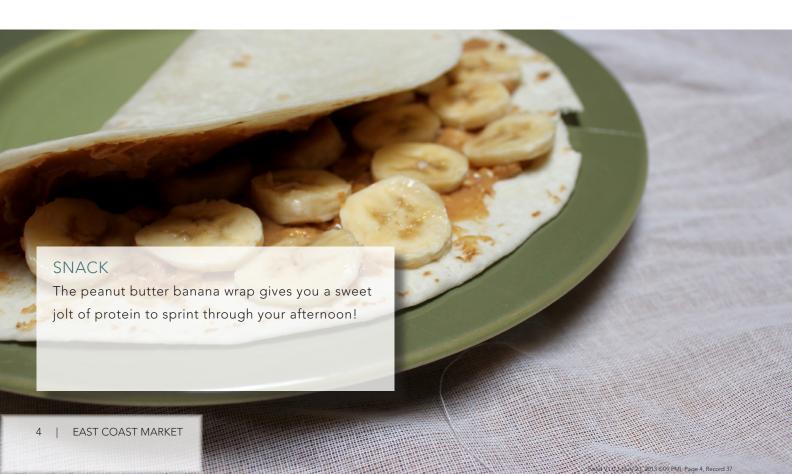
1 package flattened bananas 2-3 tbs peanut butter

PREP TIME

TOTAL RECIPE 4

INSTRUCTIONS

Lay out strips of flattened banana. Spread a layer of peanut butter on each strip and roll into a wonderful wrap snack.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE WINTER!

Broccoli Cabbage Carrots Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



444 Adams Dr Concord, MA 01742 PAID POSTAGE

Ruby Cantrell 6828 Portland Avenue Ap #439 Lowell, MA 26574

الملياسيانا بالساليا بالماس

Hey Ruby,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

□ 1/2	eggp	lant
-------	------	------

	1/2	zucc	Lin
ш	1/2	Zucc	$\Pi\Pi\Pi$

☐ 1 cup mushrooms

☐ 1 cup tomatoes

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Ruby Cantrell 6828 Portland Avenue Ap #439 Lowell, MA 26574

انتابانينانانانيناليانان





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

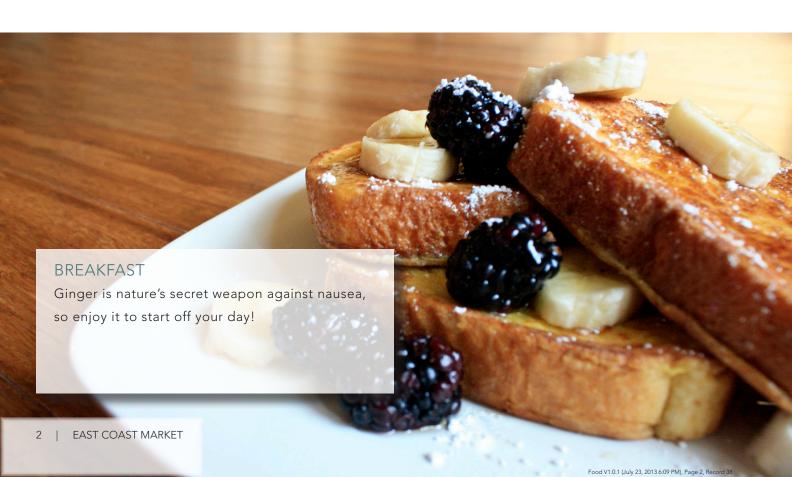
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

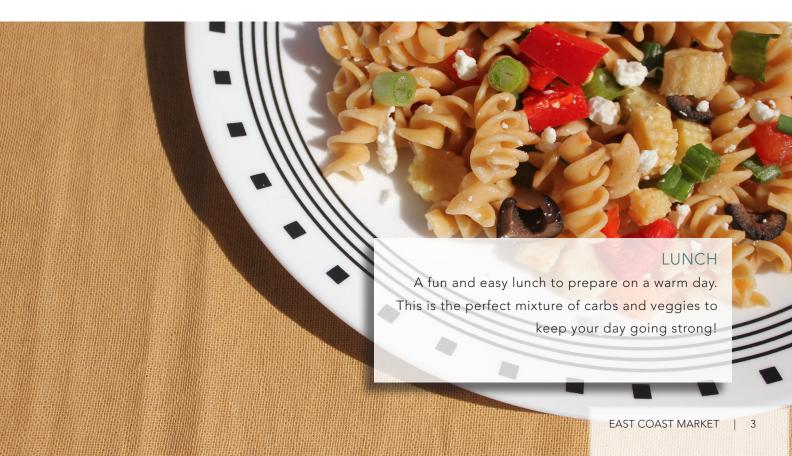
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

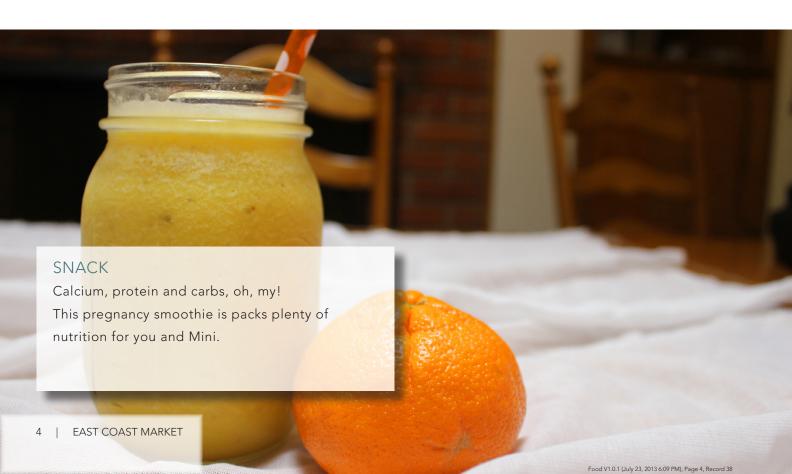
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME $5 \min$

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

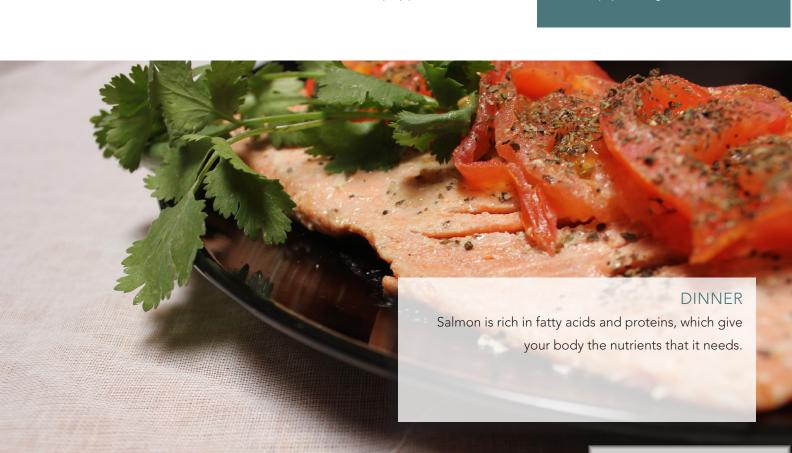
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

EAST COAST MARKET





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MAINE FOR THE SUMMER! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00

east coast ganic cucumbers

Expires 03/14/13

parket location

SAVE \$1.00

east coast cooked edamame

Expires 03/14/13









The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Aline Mcmahon 4604 Oceanview Rd. Auburn, ME 96296

Idaallaadddaalla

Hey Aline,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Aline Mcmahon 4604 Oceanview Rd. Auburn, ME 96296

Idaallaadddaalla





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



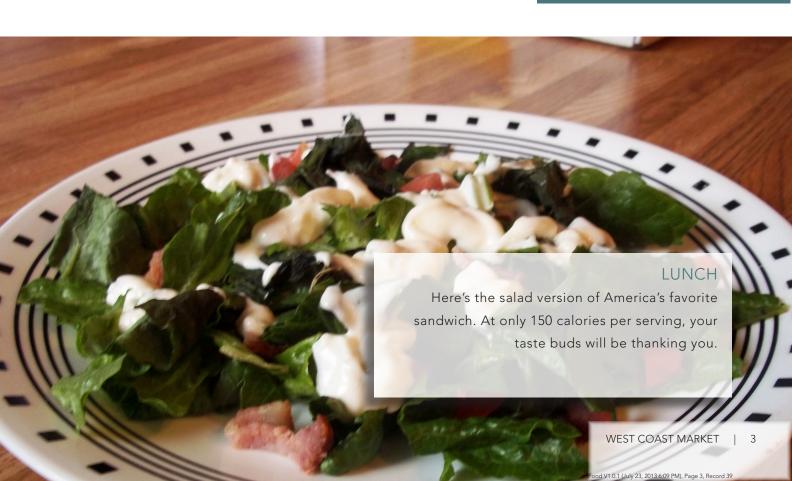
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

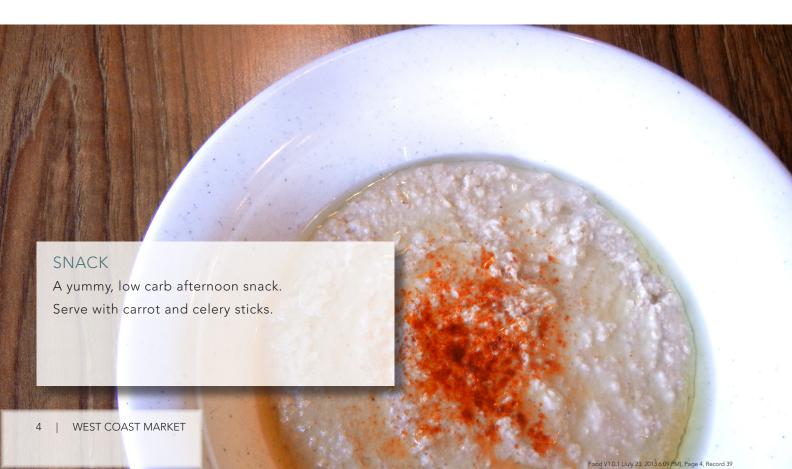
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

1 orange

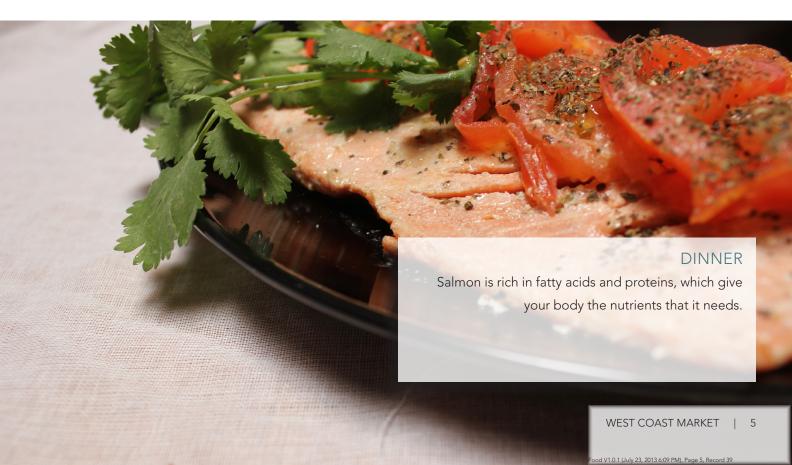
2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

INSTRUCTIONS

Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE WINTER! Avocados Grapefruit Kale Lemons Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Len Haley 646 Harrison Ave Los Angeles, CA 88374

Indidudual lidad dad

Hey Len,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- □ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Len Haley 646 Harrison Ave Los Angeles, CA 88374

الماناسليالسلياسا





delicious gluten free pancakes

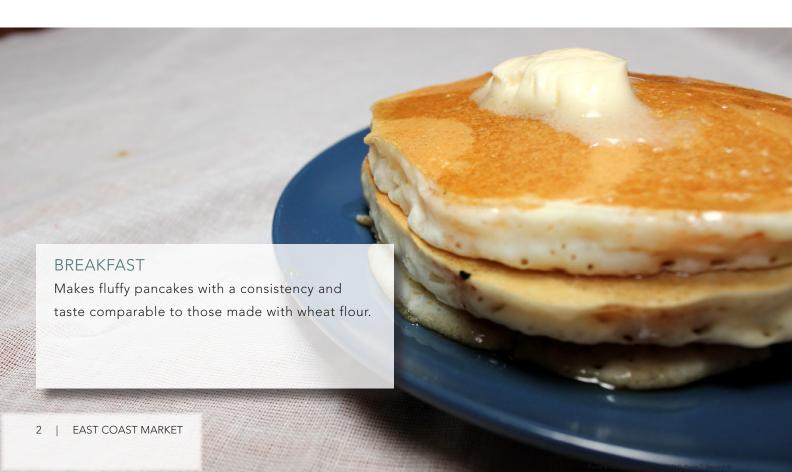
INGREDIENTS

- 1 cup rice flour
- 3 tbs tapioca flour
- 4 tbs dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 tsp baking powder
- 2 eggs
- 3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

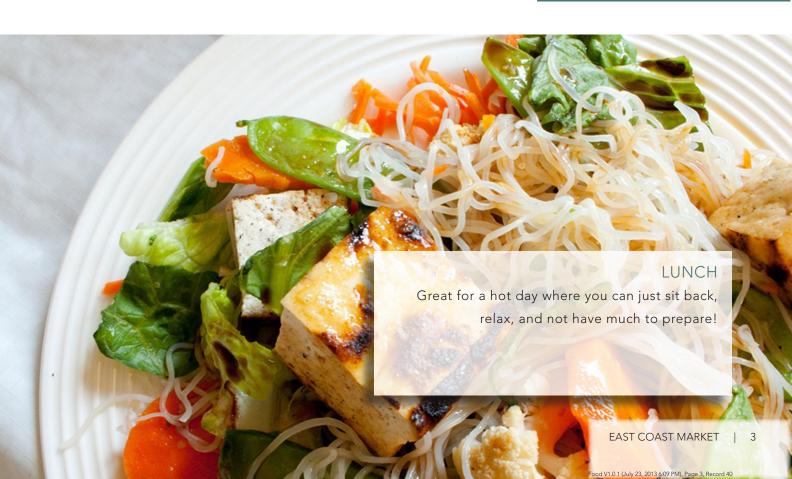
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

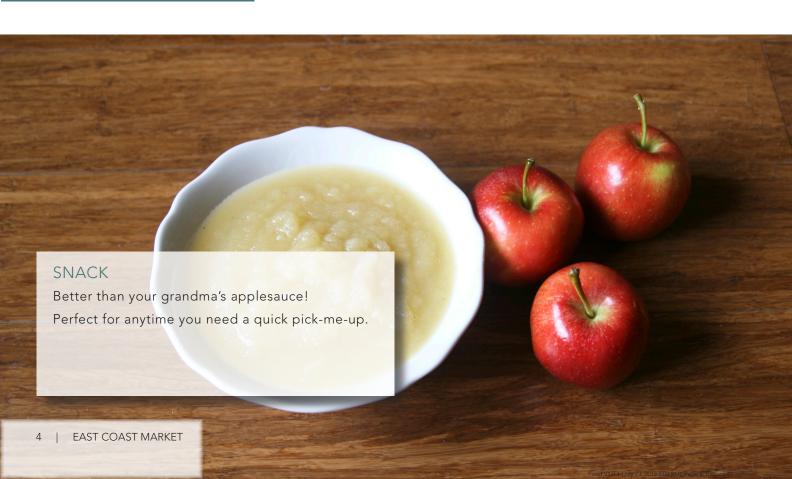
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

2 whole spaghetti squash olive oil salt & pepper

1-1/2 lbs meatballs

INGREDIENTS

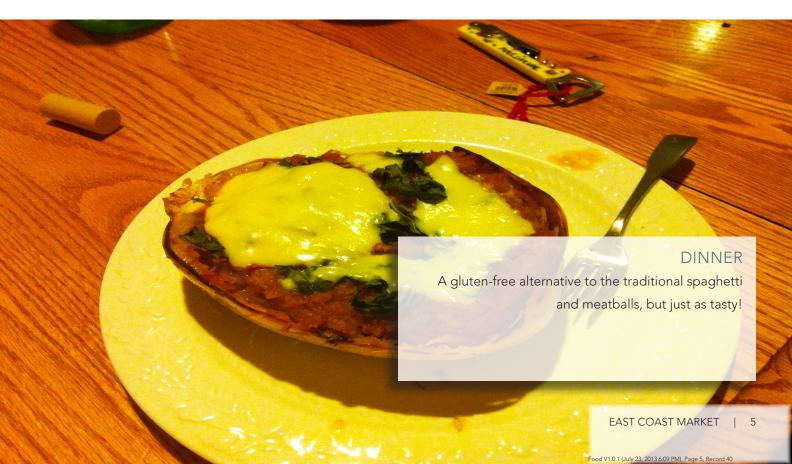
4 cups spaghetti sauce

1 cup mozzarella cheese, shredded

INSTRUCTIONS

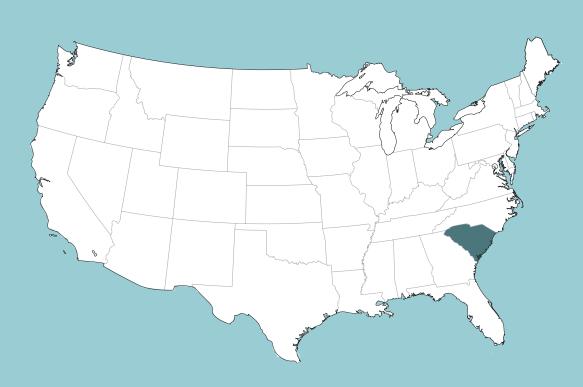
Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN SOUTH CAROLINA FOR THE FALL! **Apples** Cucumbers **Peppers Sweet Potatoes** Tomatoes



ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

George Norris 2769 Moultrie Avenue North Charleston, SC 6012

الطياليسياليال

Hey George,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

□ 1/2 zucchir	١
---------------	---

☐ 1 cup mushrooms

 \Box 1 cup tomatoes

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

George Norris 2769 Moultrie Avenue North Charleston, SC 6012

الطيالييساليط





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

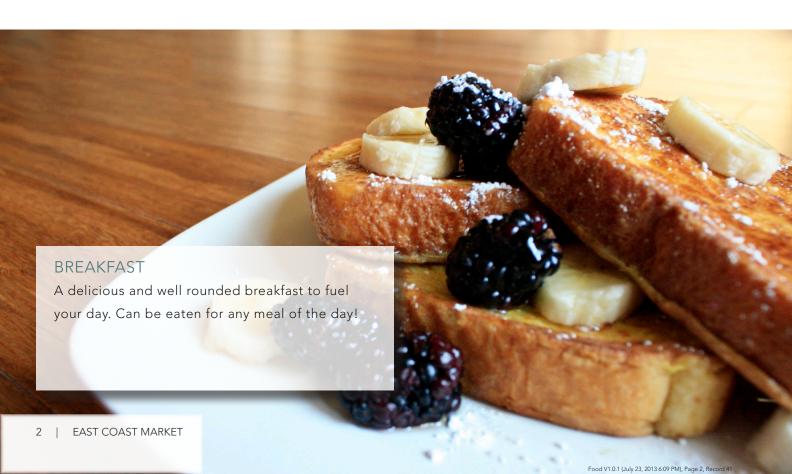
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

PREP 10 min TOTAL 30 min RECIPE SERVES

INGREDIENTS

3 cups whole grain pasta

1 pint grape tomatoes

1 yellow bell pepper

1 cup baby corns

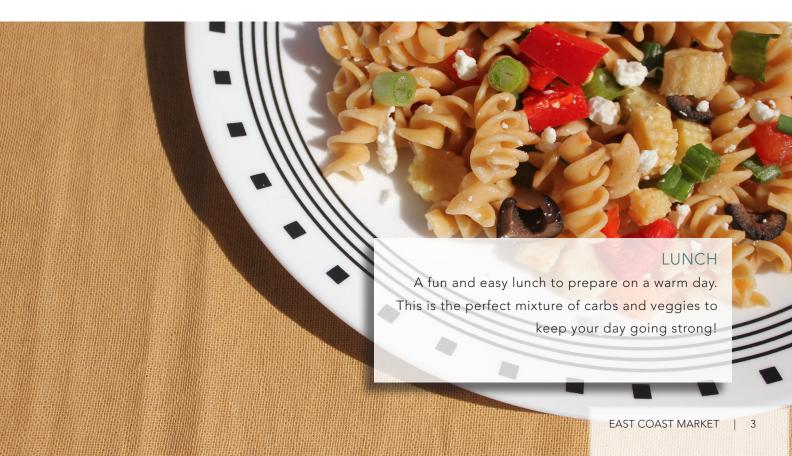
1 cup chopped green onion

1/2 cup black olives

Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

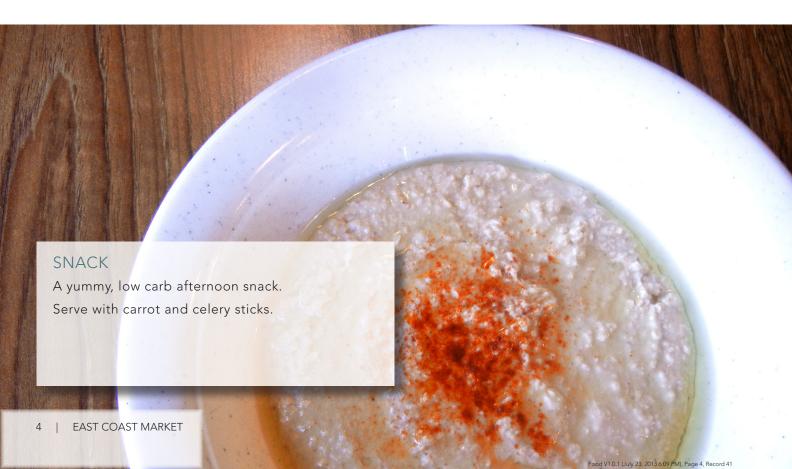
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

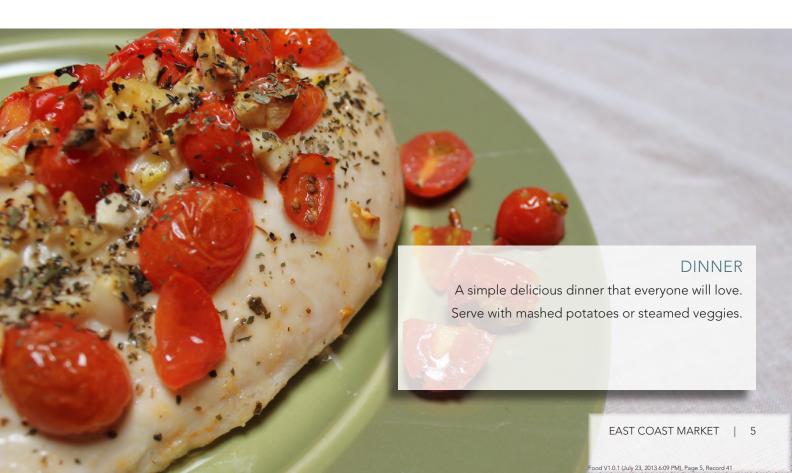
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

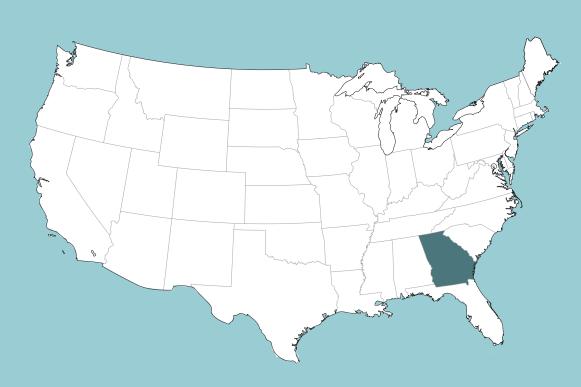
salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN GEORGIA FOR THE SPRING!

Blueberries Cabbage Lettuce Spinach Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Blaze Little 2424 Flushing Rd. Augusta, GA 37272

الباسلسللياساساليا

Hey Blaze,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hroom	5
--	---	-----	-----	-------	---

1	cup	tomatoes

- 1			
		h	001
		() ~	151

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

22 Peachy Way Atlanta, GA 30317 PAID POSTAGE

Blaze Little 2424 Flushing Rd. Augusta, GA 37272

الباسلسالياسلسليالي





spinach and cheese omelet

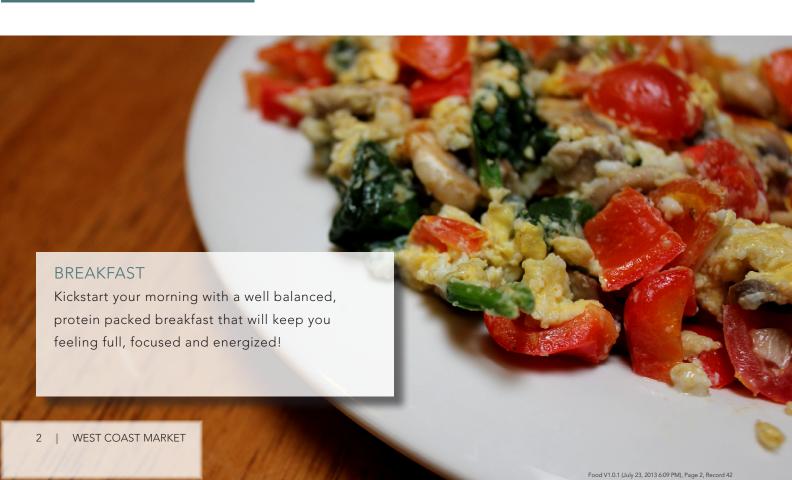
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

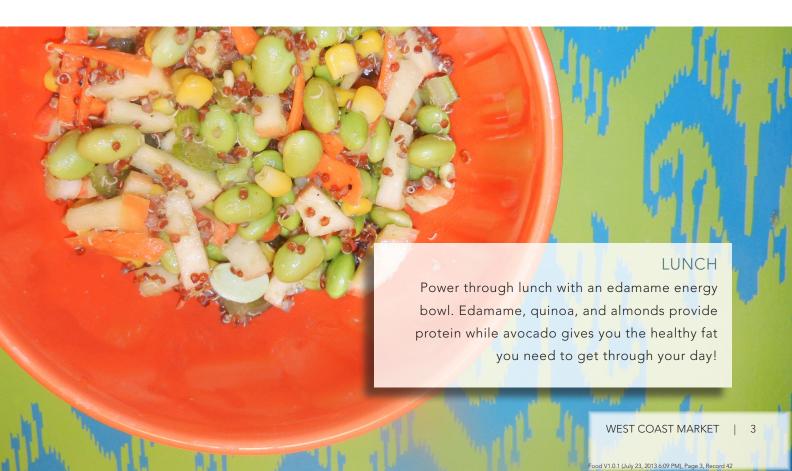
TOTAL 35 min

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

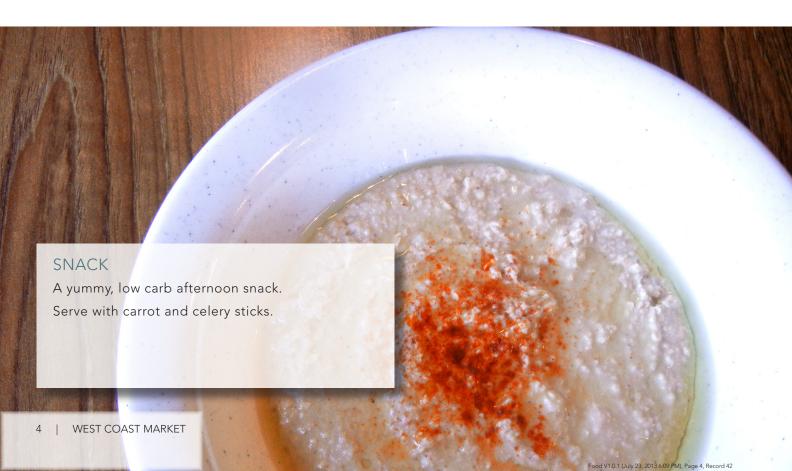
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

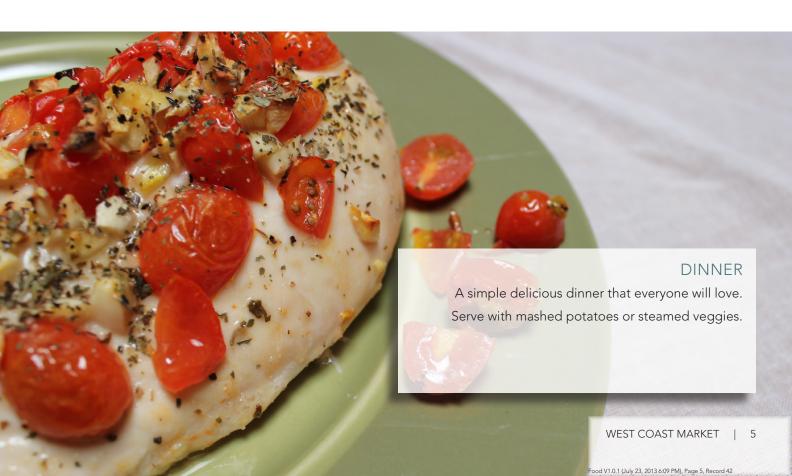
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

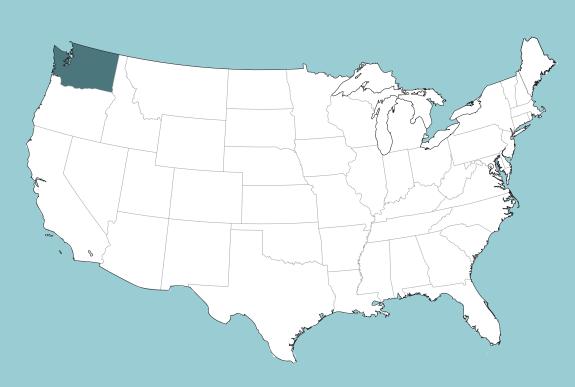
olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN WASHINGTON FOR THE WINTER! Carrots Garlic Kale Mushrooms Winter Squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



232 State St. Seattle, WA 98101 PAID POSTAGE

Regan Anderson 9589 Washington St. Ap #974 Bellevue, WA 27696

والساباوالياساليو

Hey Regan,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 6	egg	р	ar	nt
---	------	-----	---	----	----

4 10				
1/2	zucc	h	ır	۱۱
 1/ _	Zucc			

matoes
l

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Regan Anderson 9589 Washington St. Ap #974 Bellevue, WA 27696

والساباسالالسالاسالي





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

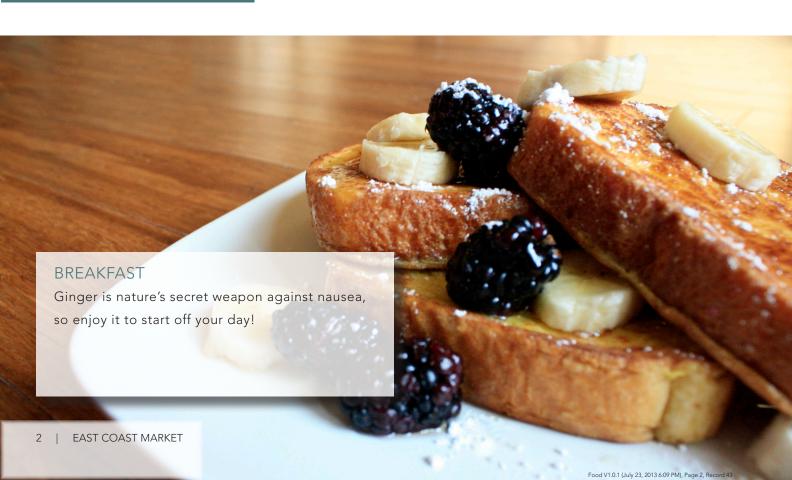
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$ SERVES $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

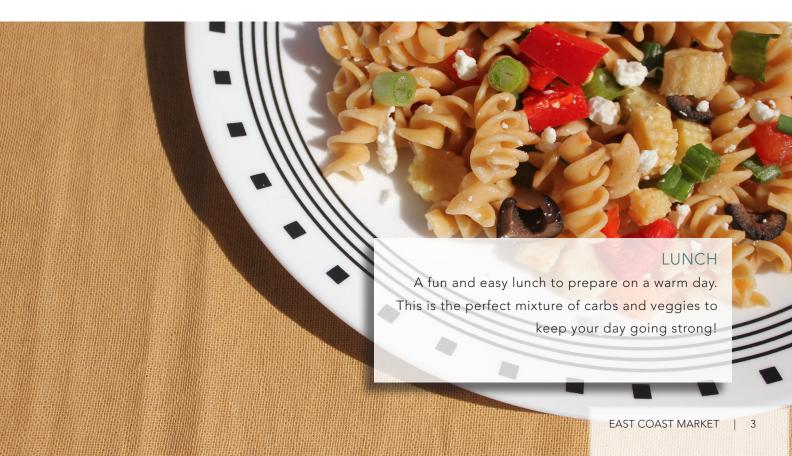
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

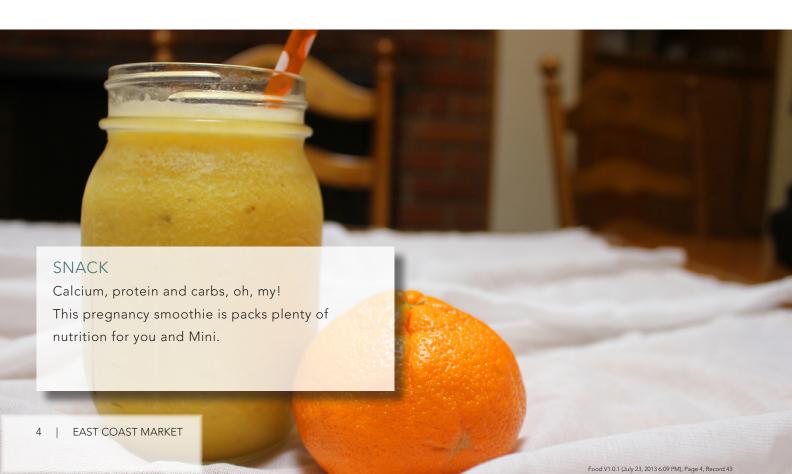
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

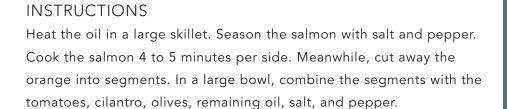
kosher salt and black pepper

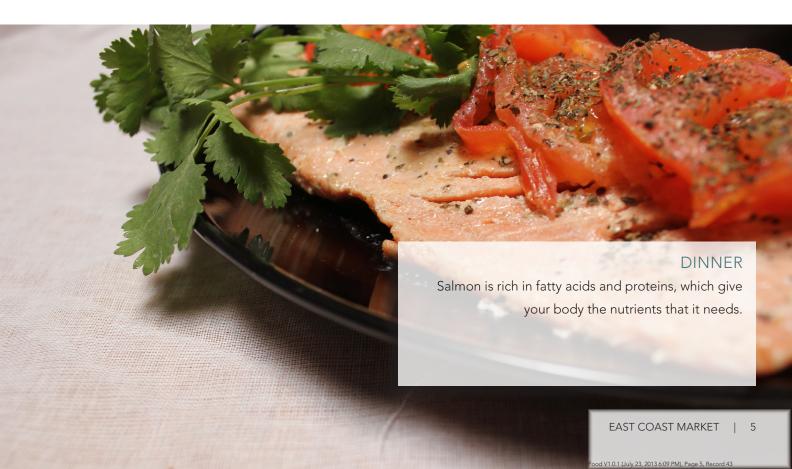
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives







BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW YORK FOR THE SPRING! Asparagus Broccoli Radishes Rhubarb Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

92837 Fifth Ave New York, NY 10003 PAID POSTAGE

Beatrice Moon 7038 St St. Ap #130 New York, NY 69922

البامليا وماليا والماليا

Hey Beatrice,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

☐ 1/2 z	cucchin
---------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

□ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

92837 Fifth Ave New York, NY 10003 PAID POSTAGE

Beatrice Moon 7038 St St. Ap #130 New York, NY 69922

البانياناسياناساناسانا





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

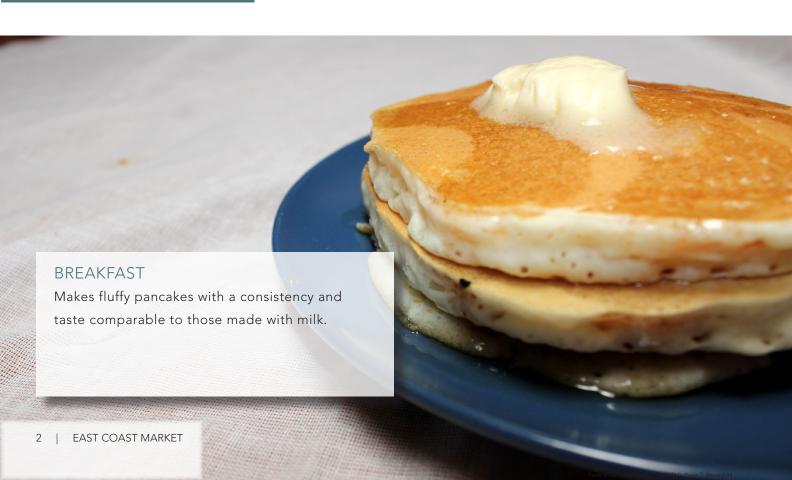
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

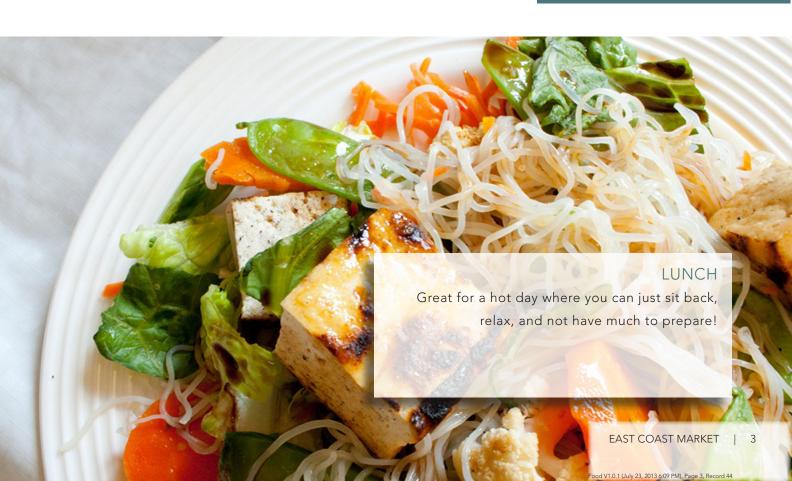
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa

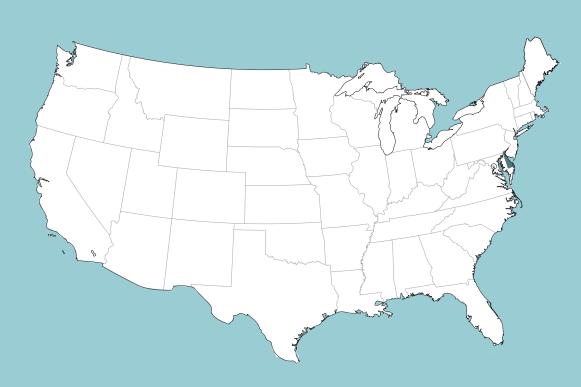
INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN DELAWARE FOR THE SPRING! Asparagus Peas Mushrooms Spinach Turnips



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Kathleen Valenzuela P.O. Box 398 Dover, DE 45412

البابيال ببالبيان البالباليان

Hey Kathleen,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2	egg	Jp	lar	nt
---	----	-----	----	-----	----

□ 1/2 z	zucchin
---------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Kathleen Valenzuela P.O. Box 398 Dover, DE 45412

البابيالساساساليانات





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

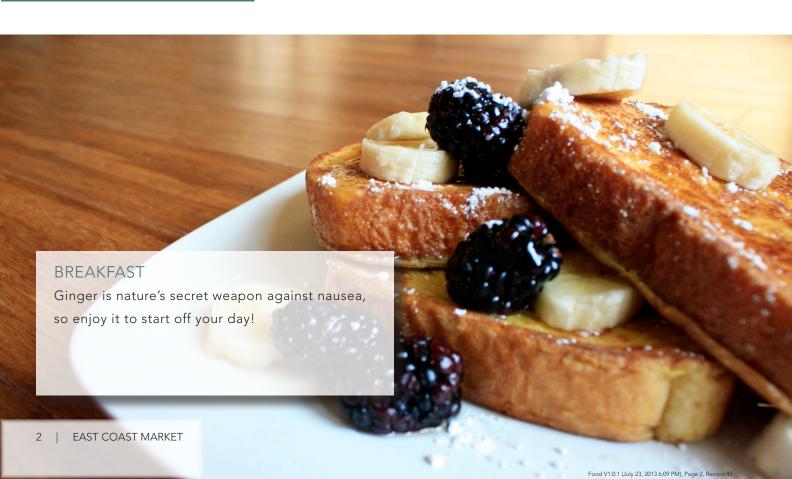
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

PREP 10 min TOTAL 30 min RECIPE SERVES

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes

1 yellow bell pepper

1 cup baby corns

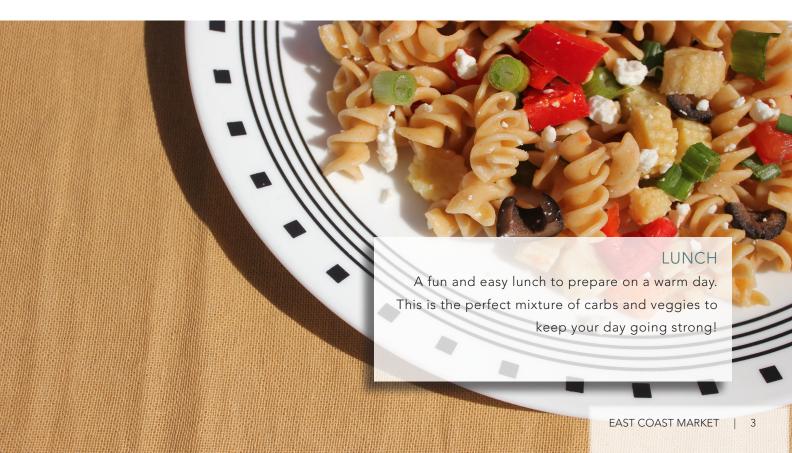
1 cup chopped green onion

1/2 cup black olives

Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.



sesame orange smoothie

INGREDIENTS

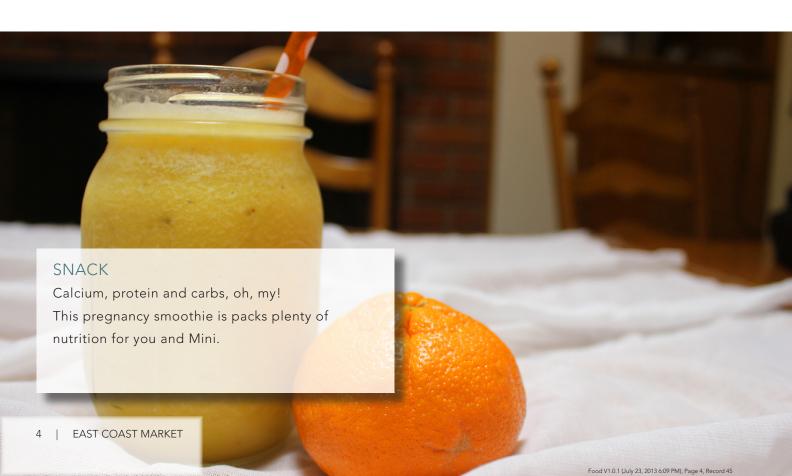
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

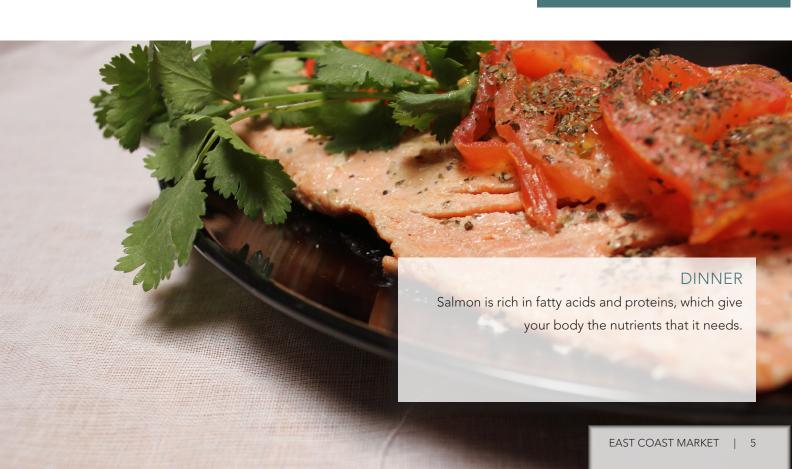
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

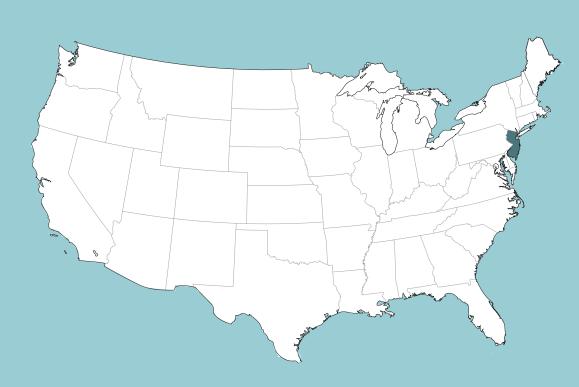
1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW JERSEY FOR THE SUMMER!

Broccoli Corn Eggplant **Nectarines** Peaches



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Odessa Graham 6520 43rd St. Ap #493 Jersey City, NJ 99053

Libration

Hey Odessa,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	991	olant	
---	------	-----	-------	--

	1/2	zucchin
\Box	1/2	Zucciiiii

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Odessa Graham 6520 43rd St. Ap #493 Jersey City, NJ 99053

Idadala Handdaalla





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

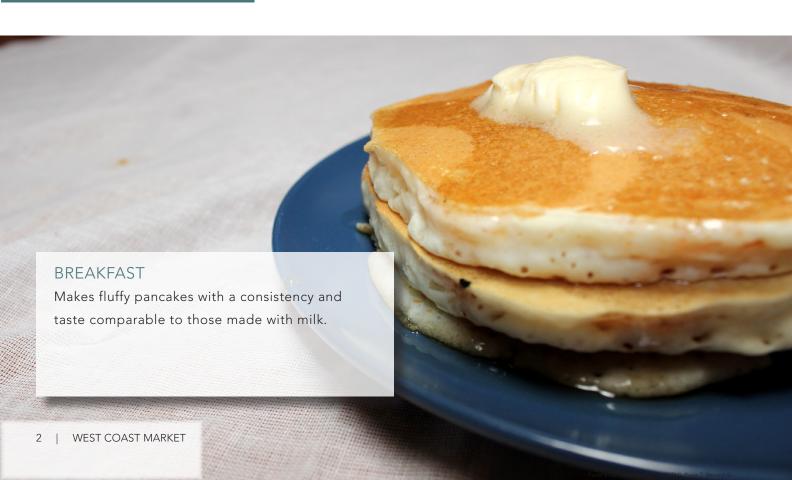
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

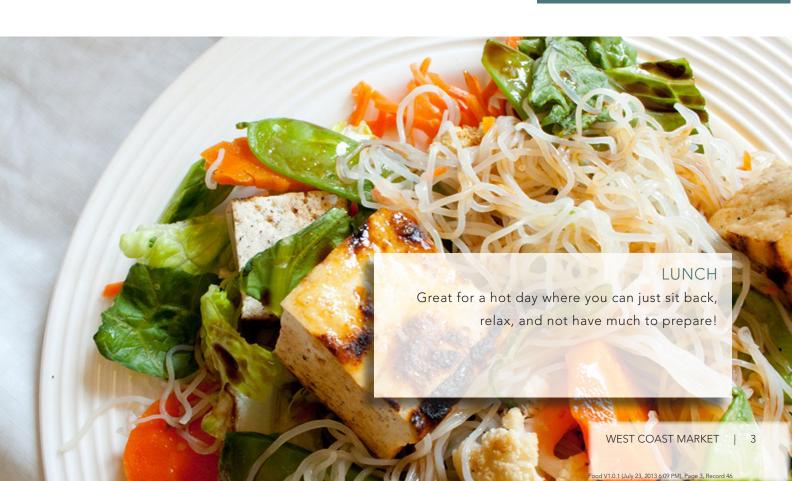
PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

- 5 cloves garlic
- 3 tbs sugar
- 1/4 cup fresh lime juice
- 1 package dried rice noodles
- 1 cucumber
- 2 carrots
- 1/4 cup fresh mint



fresh applesauce

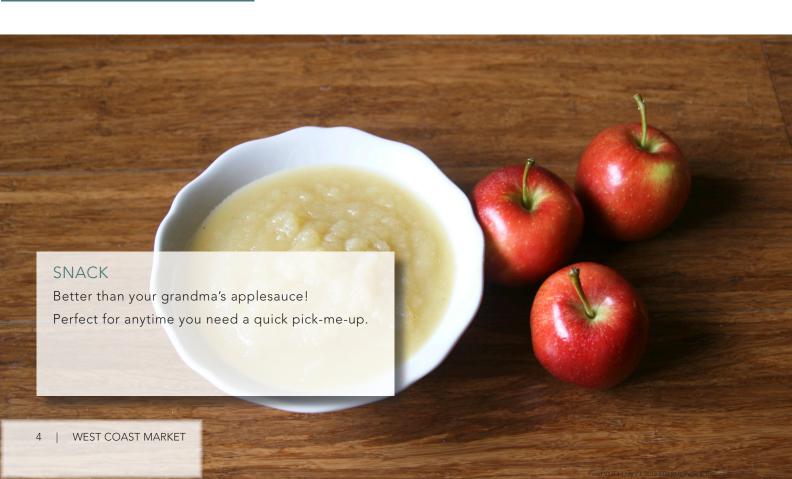
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min (

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.

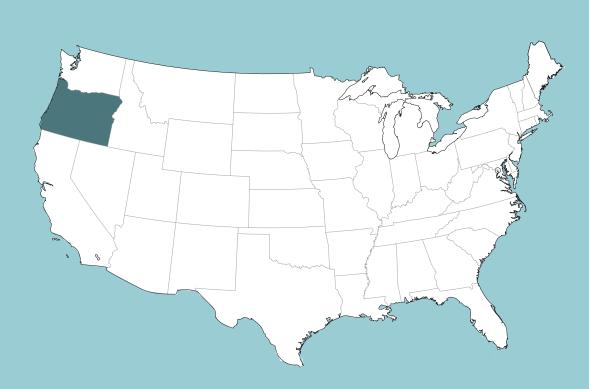
INGREDIENTS

- 1 can black beans, drained
- 1 can corn, drained
- 1 can chunk chicken
- 1 carton chicken broth
- 1 jar double roasted salsa





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN OREGON FOR THE SPRING! Asparagus Lettuce Raspberries Rhubarb Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



444 Cloudy St. Portland, OR 97034 PAID POSTAGE

Gemma Hampton 2256 Ridgewood St. Portland, OR 1380

aalladdalaldaa

Hey Gemma,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2	egg	Jp	lar	nt
---	----	-----	----	-----	----

4 10					
1/2	zu	CC	h	Ir	٦I

\neg	1	cup	musl	hroo	ms

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

444 Cloudy St. Portland, OR 97034

PAID POSTAGE

Gemma Hampton 2256 Ridgewood St. Portland, OR 1380

وبالباباليالياليين





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

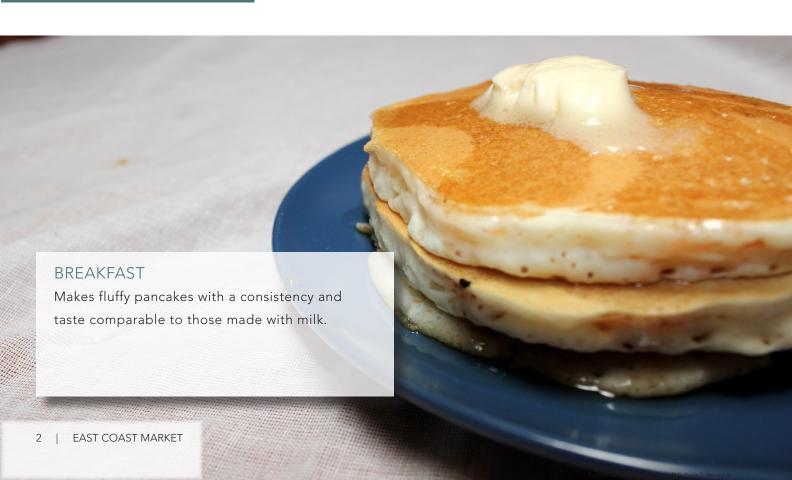
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

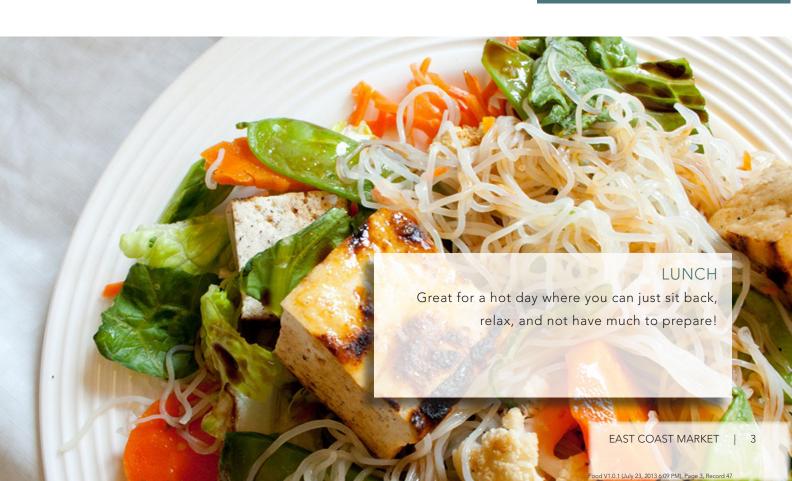
PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

- 5 cloves garlic
- 3 tbs sugar
- 1/4 cup fresh lime juice
- 1 package dried rice noodles
- 1 cucumber
- 2 carrots
- 1/4 cup fresh mint



fresh applesauce

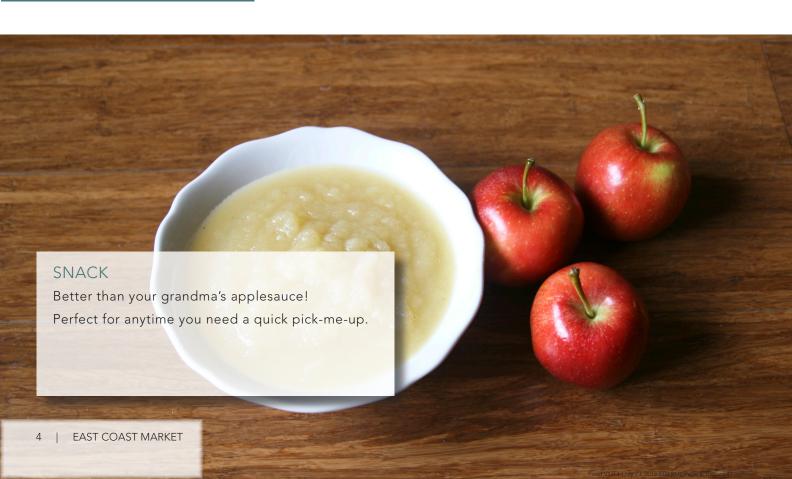
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa

INSTRUCTIONS

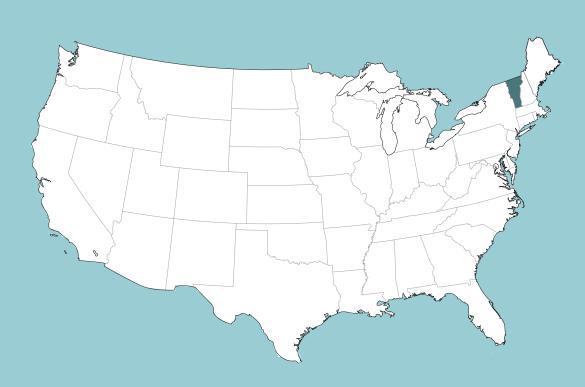
Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VERMONT FOR THE SUMMER!

Cantaloupe Blueberries Cucumbers **Peppers** Melons



ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Wesley Hooper P.O. Box 954 Burlington, VT 81775

بالبانية السالية المسابلة

Hey Wesley,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

1	cup	mus	hroor	ns
] 1	cup	mus	hroor	١

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Wesley Hooper P.O. Box 954 Burlington, VT 81775

بابانيا الساليينا السابان





delicious gluten free pancakes

INGREDIENTS

- 1 cup rice flour
- 3 tbs tapioca flour
- 4 tbs dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 tsp baking powder
- 2 eggs
- 3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

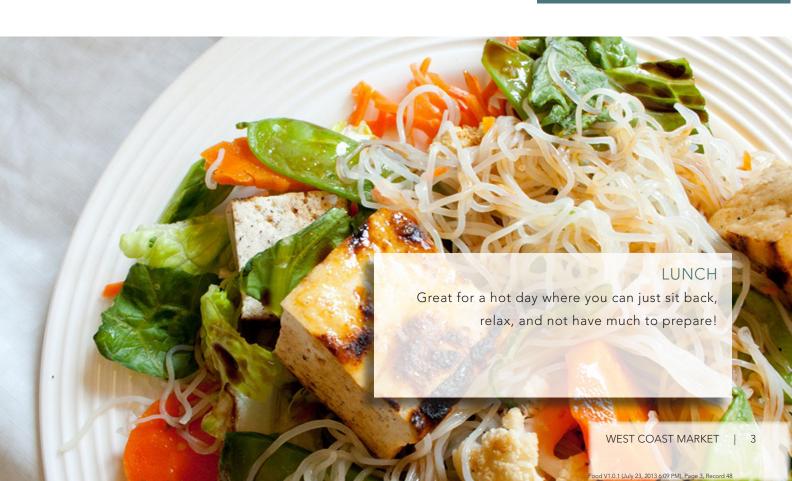
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME

 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

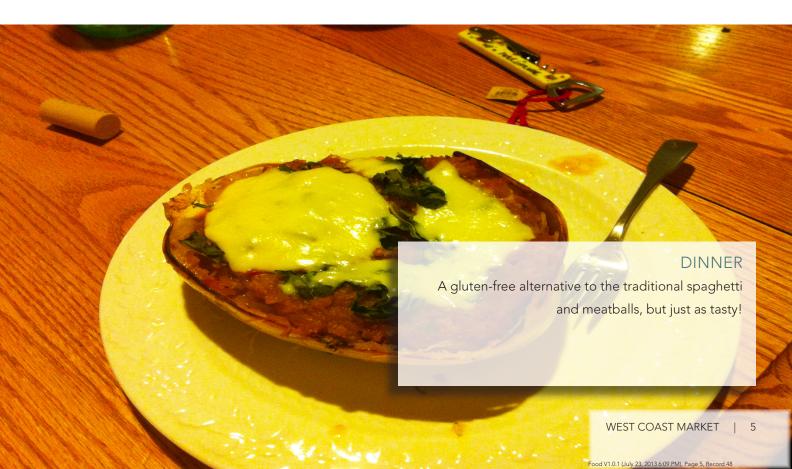
Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

INGREDIENTS

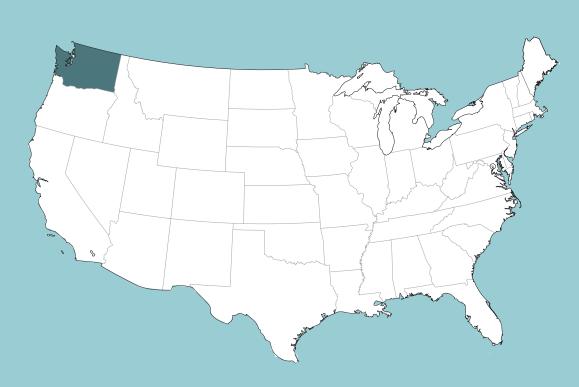
2 whole spaghetti squash olive oil salt & pepper 1-1/2 lbs meatballs 4 cups spaghetti sauce

1 cup mozzarella cheese, shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN WASHINGTON FOR THE WINTER! Carrots Garlic Kale Mushrooms Winter Squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Brenden Henderson 3619 State St. Ap #885 Tacoma, WA 92536

Idaadddalaalladla

Hey Brenden,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

□ 1	/2	egg	olant
-----	----	-----	-------

	1/2	zucc	hin
\Box	1/2	Zucc	

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Brenden Henderson 3619 State St. Ap #885 Tacoma, WA 92536

Idaaddddaalladla





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

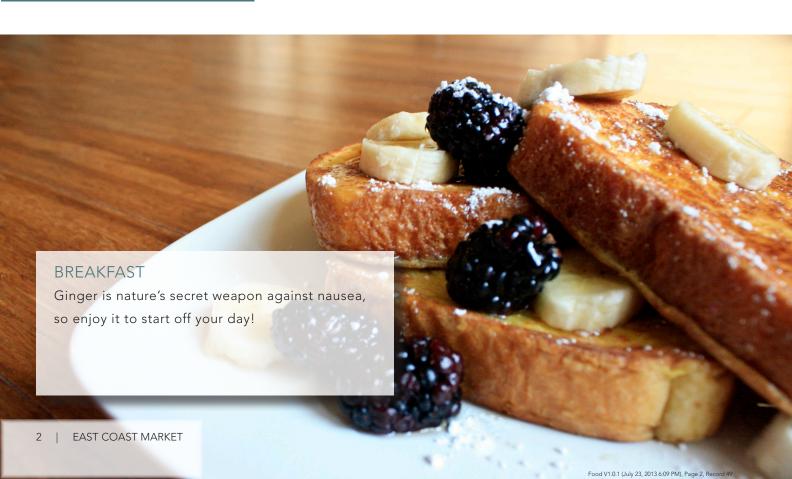
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

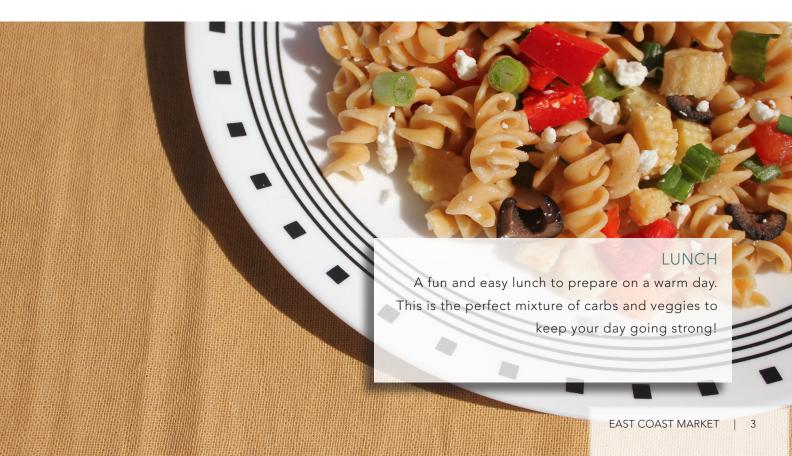
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

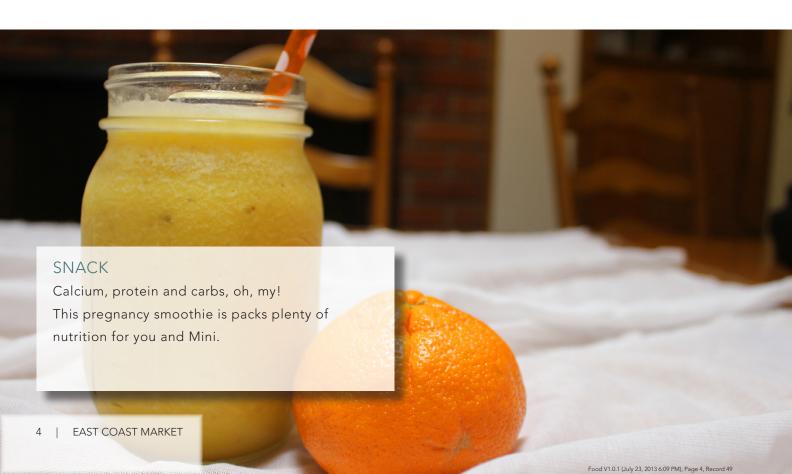
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

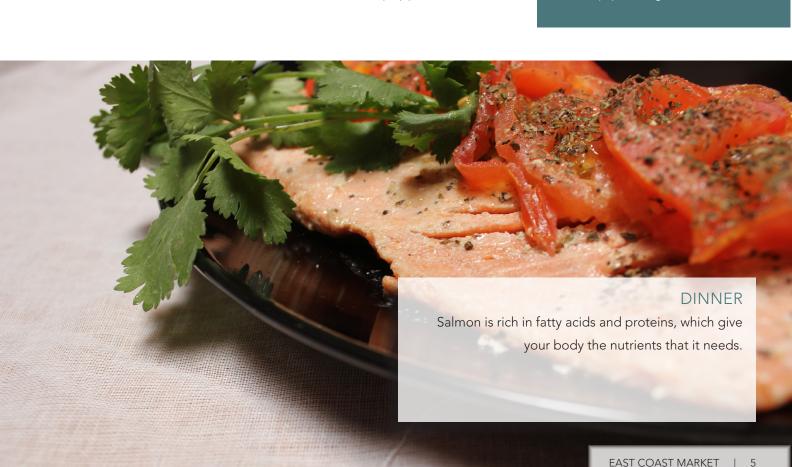
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE SUMMER!

Blackberries Cantaloupe Cucumbers Grapes Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Molly Grimes 5176 Melrose St. Newport News, VA 78773

Indiadam Indiada

Hey Molly,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Molly Grimes 5176 Melrose St. Newport News, VA 78773

بالماسالسالياناتان





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

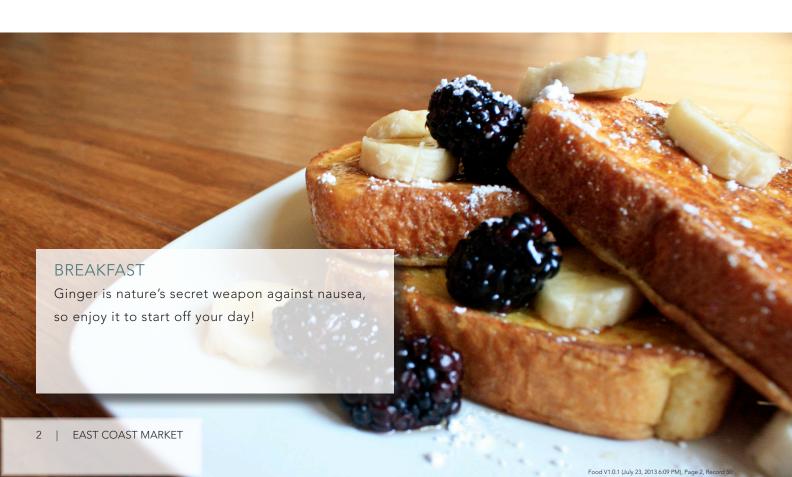
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

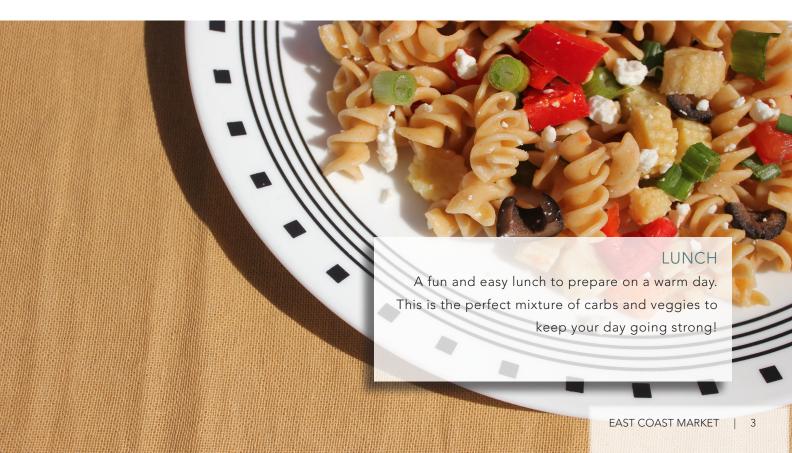
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

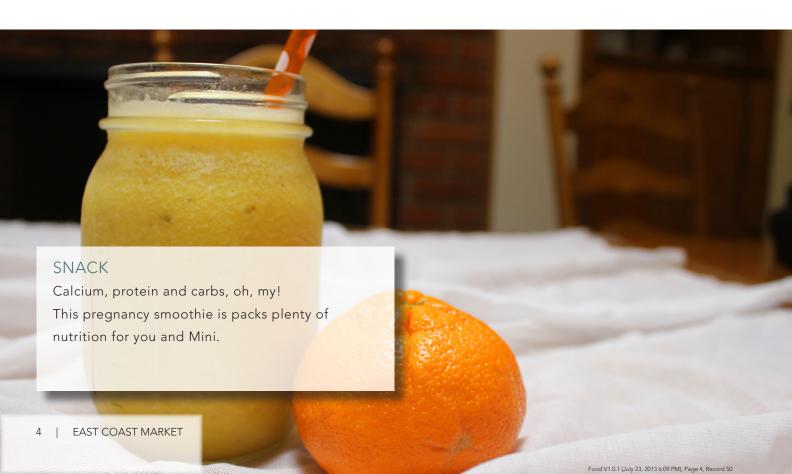
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

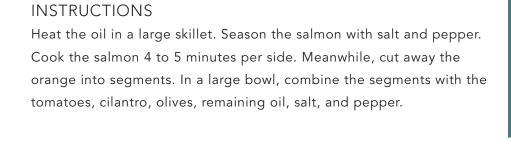
kosher salt and black pepper

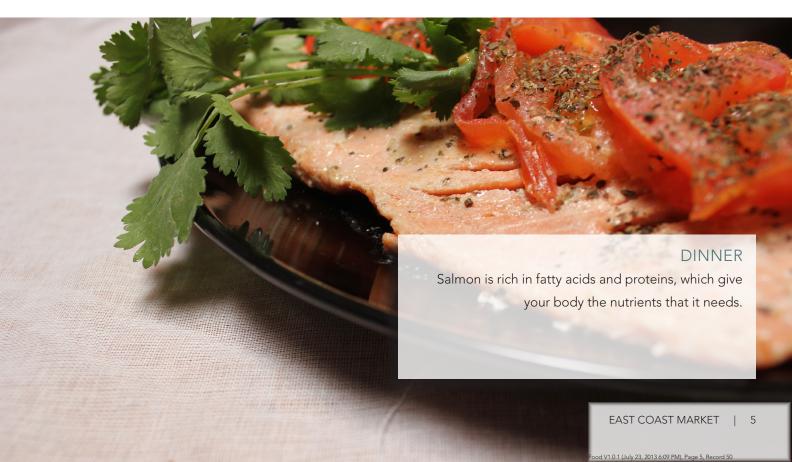
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives







BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW JERSEY FOR THE FALL! **Apples** Beets Cauliflower Lettuce **Pumpkins**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Serena Powers 4407 44th Rd. Ap #706 Edison, NJ 20198

بالتاليالالتينيالليان

Hey Serena,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

	4 10				
Ш	1/2	zucc	h	ır	١I

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Serena Powers 4407 44th Rd. Ap #706 Edison, NJ 20198

بانتانا التستيالاتان





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

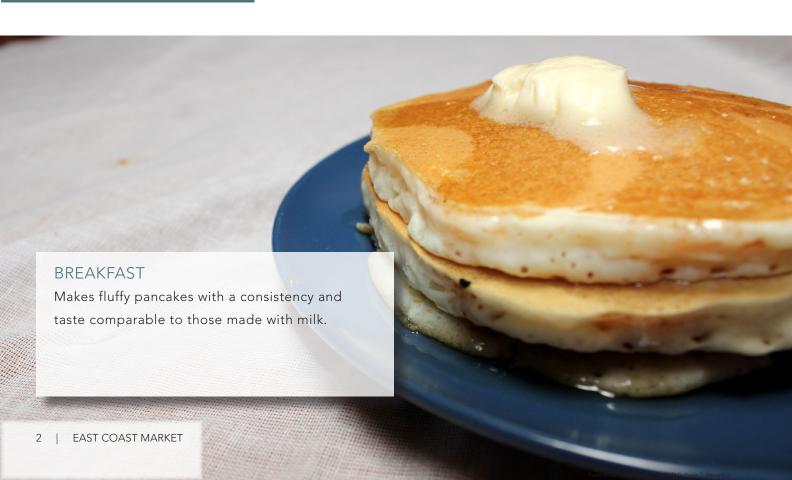
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

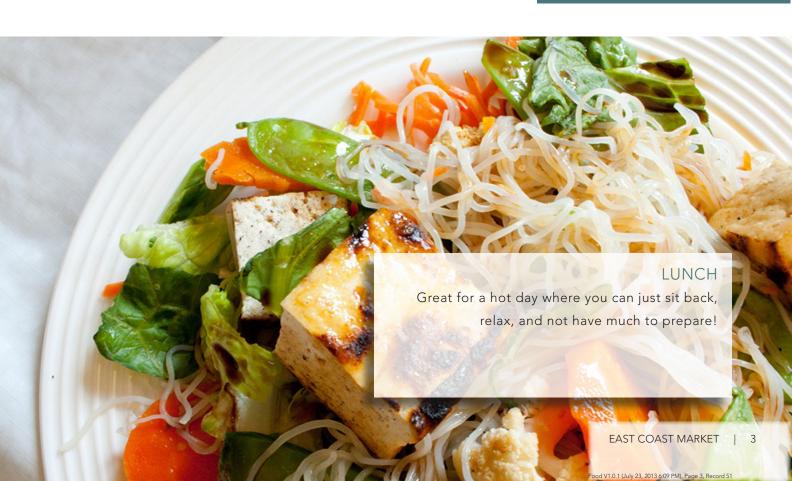
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

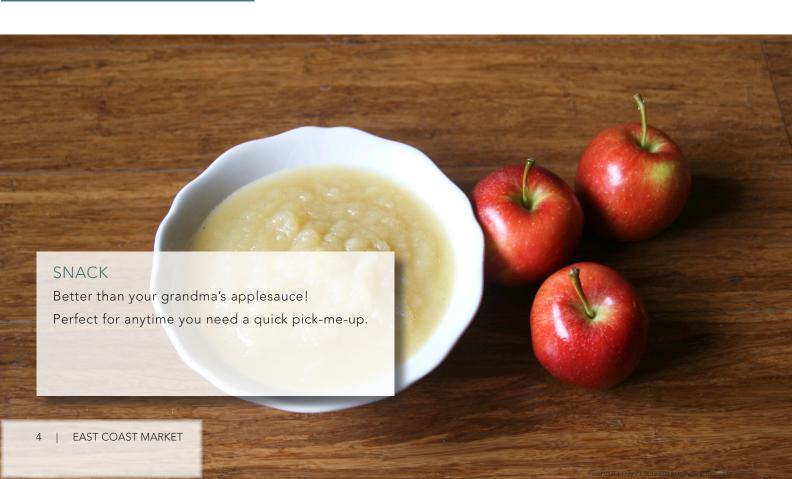
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.

INGREDIENTS

- 1 can black beans, drained
- 1 can corn, drained
- 1 can chunk chicken
- 1 carton chicken broth
- 1 jar double roasted salsa





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MAINE FOR THE SUMMER! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Sonya Briggs 8284 Church St. Augusta, ME 74172

landaladaa Haadadal

Hey Sonya,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

4 10					
1/2	zu	CC	h	ır	۱۱

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Sonya Briggs 8284 Church St. Augusta, ME 74172

landaladaadllaadadal





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

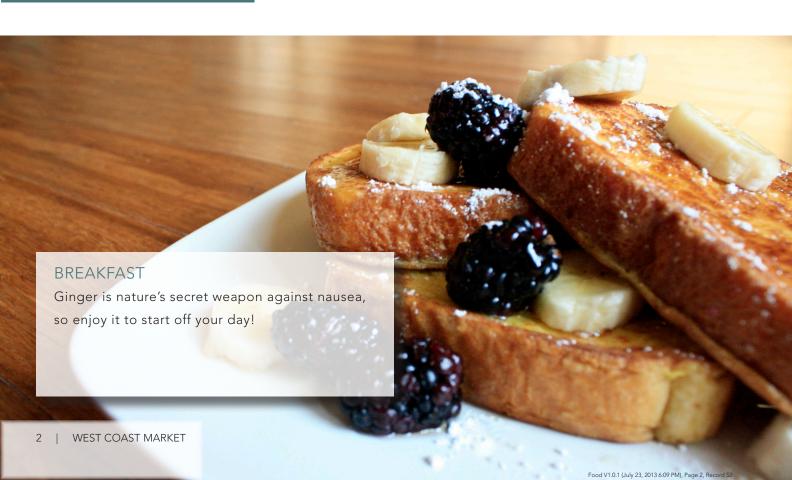
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

PREP 10 min TOTAL 30 min RECIPE SERVES

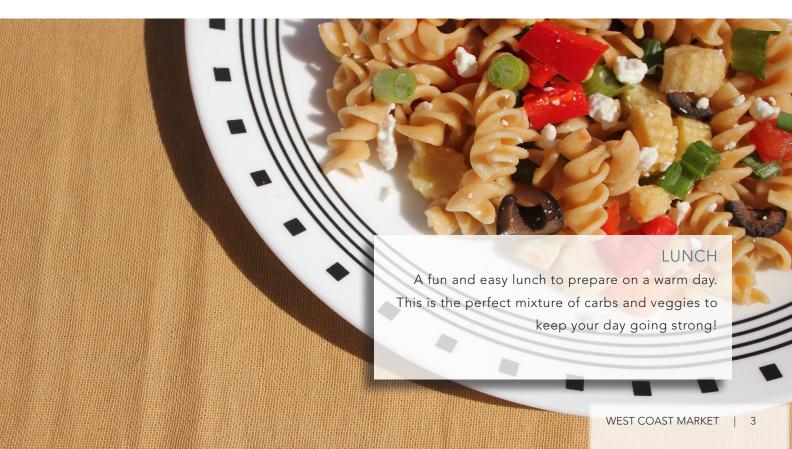
INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns

1 cup chopped green onion 1/2 cup black olives Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.



sesame orange smoothie

INGREDIENTS

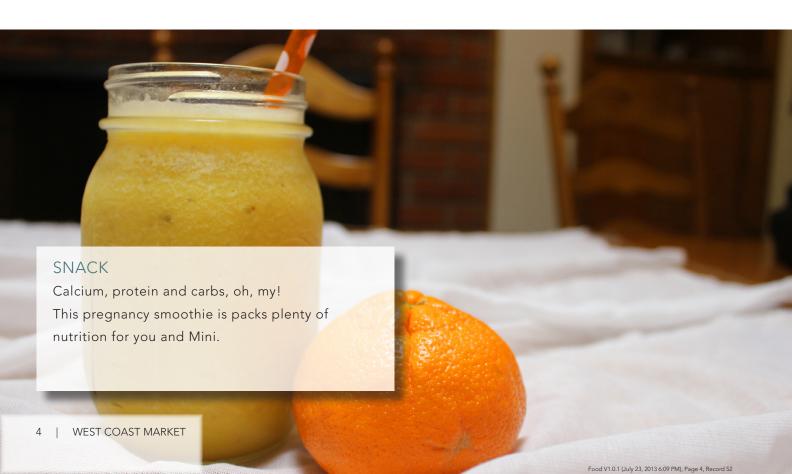
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

1 orange

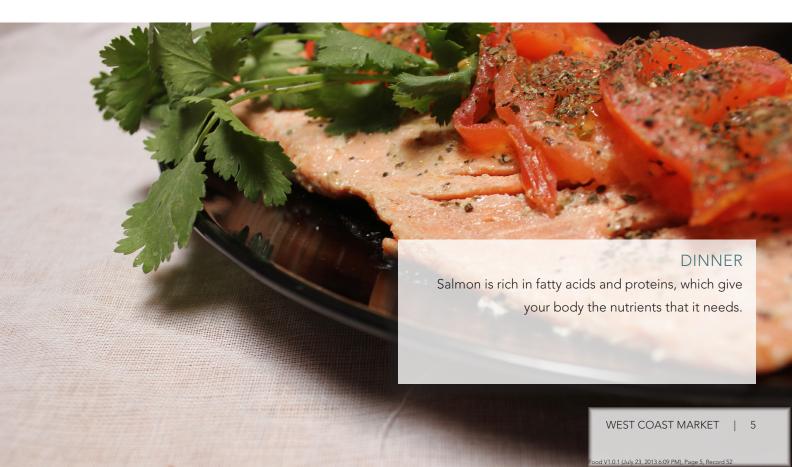
2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

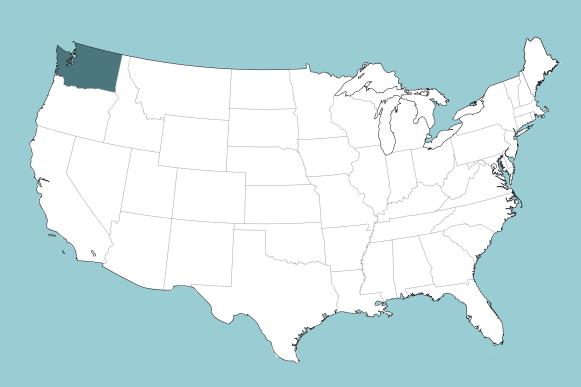
INSTRUCTIONS

Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN WASHINGTON FOR THE SPRING! Asparagus Cauliflower Garlic Pears Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



232 State St. Seattle, WA 98101 PAID POSTAGE

Martha Griffith 3192 Hanson Ave Ap #122 Olympia, WA 68343

بالمامامالسالمامال

Hey Martha,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hroom	S
--	---	-----	-----	-------	---

☐ 1 cup tomatoe

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Martha Griffith 3192 Hanson Ave Ap #122 Olympia, WA 68343

بالمامالييناليالياليا





spinach and cheese omelet

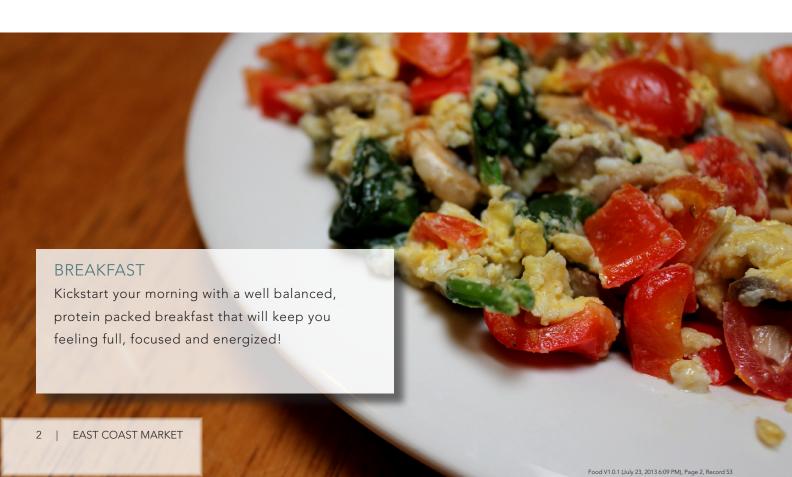
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



chicken tortilla soup

PREP TIME 0

INSTRUCTIONS

TC TIN 15

Add all ingredients to a large pot. Bring to a boil and then simmer for

cheese, sour cream and/or fresh avocado slices, if desired.

15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar

min

RECIPE 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa avocado



berry smoothie parfait

INGREDIENTS

1 cup frozen berries

1 cup skim milk

3 tbs greek yogurt

1 tbs chia seeds

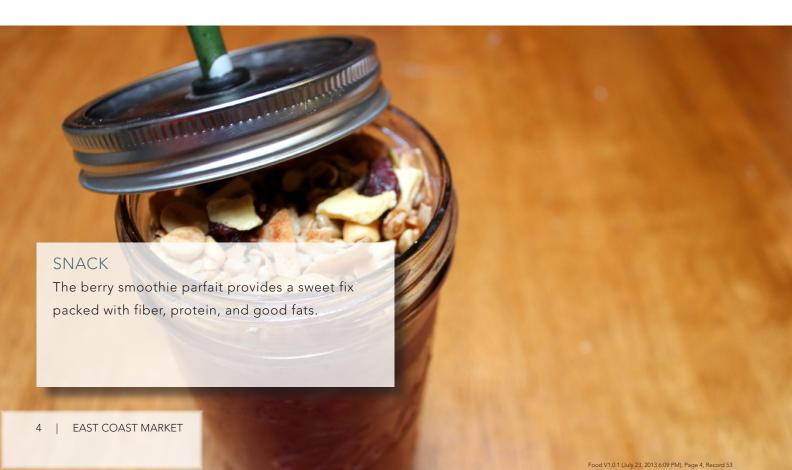
2 bananas

1 cup granola

PREP TIME $10_{
m min}$ Total $10_{
m min}$ recipe $2_{
m Serves}$

INSTRUCTIONS

Toss frozen berries, milk, greek yogurt, chia seeds and 1 banana in a blender. Pulse until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

1 orange

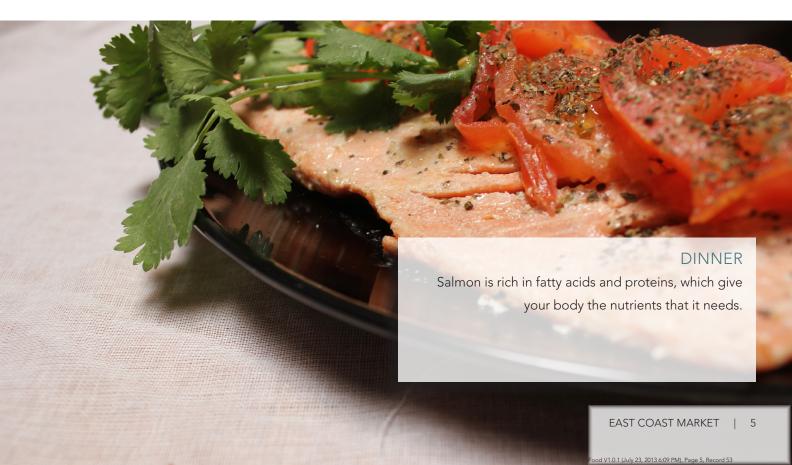
2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

INSTRUCTIONS

Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN FLORIDA FOR THE SUMMER! Avocados Corn Green beans Mangoes Star fruits



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

777 Orange Dr. Miami, FL 33101 PAID POSTAGE

Jolie Mills 5847 Richards Street Tampa, FL 54784

التانيانياليياليانانان

Hey Jolie,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

	4 10					
Ш	1/2	zu	CC	h	ır	11

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

777 Orange Dr. Miami, FL 33101 PAID POSTAGE

Jolie Mills 5847 Richards Street Tampa, FL 54784

التبانياني التبيالييانيان





spinach and cheese omelet

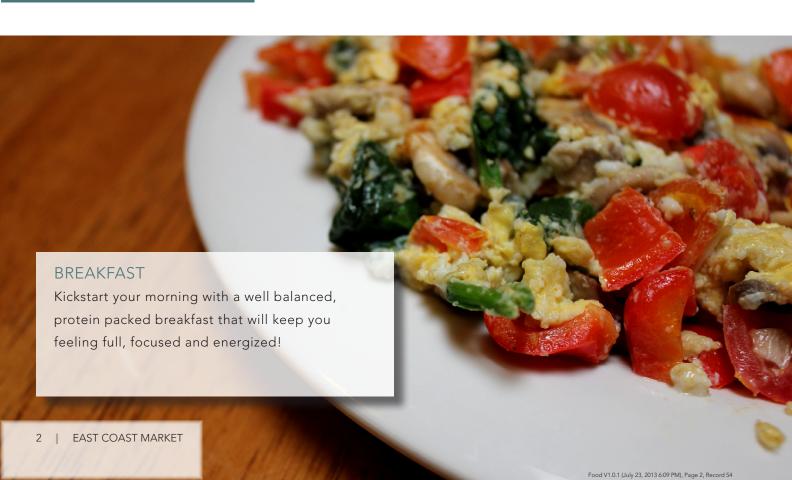
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



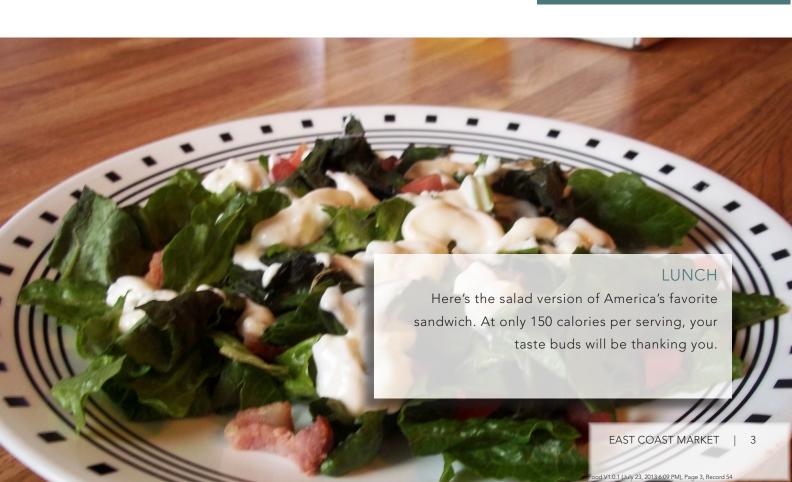
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

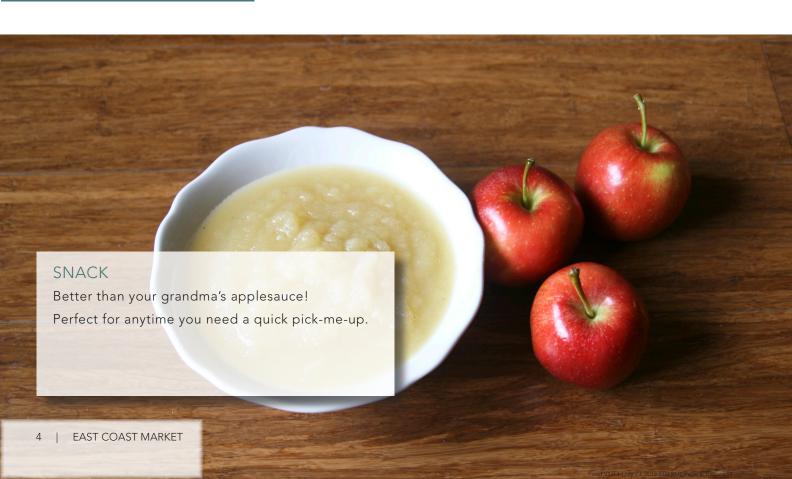
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





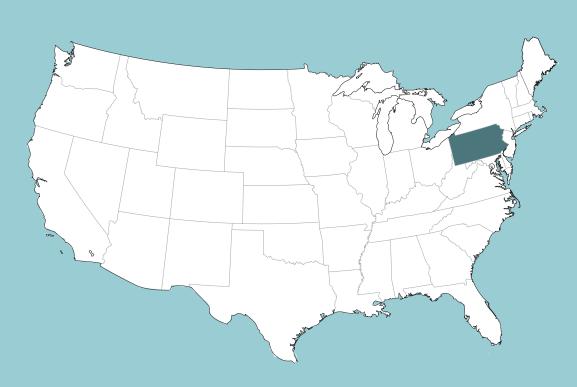
BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN PENNSYLVANIA FOR THE WINTER! Beets

Brussel sprouts

Celery

Potatoes

Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

924 Steeler Way Pittsburgh, PA 15215 PAID POSTAGE

Aileen Hewitt 3933 Williamsburg St. Allentown, PA 92580

Idaaddddddddddii

Hey Aileen,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hroo	ms
--	---	-----	-----	------	----

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

924 Steeler Way Pittsburgh, PA 15215 PAID POSTAGE

Aileen Hewitt 3933 Williamsburg St. Allentown, PA 92580

Idaaaldaldalalallaa





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

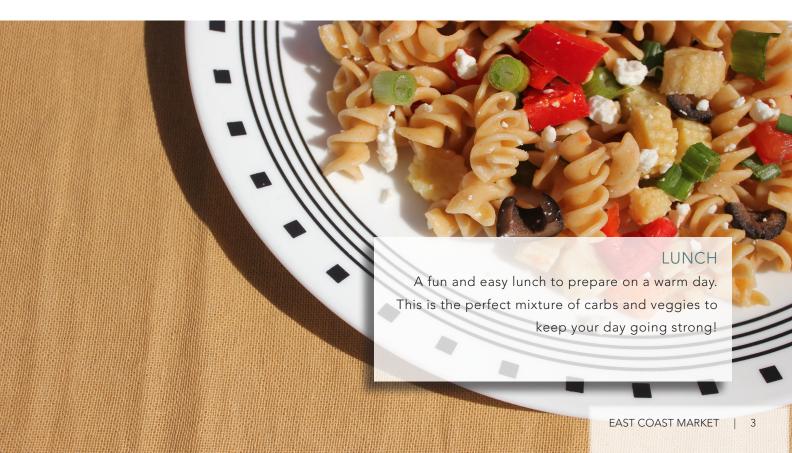
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

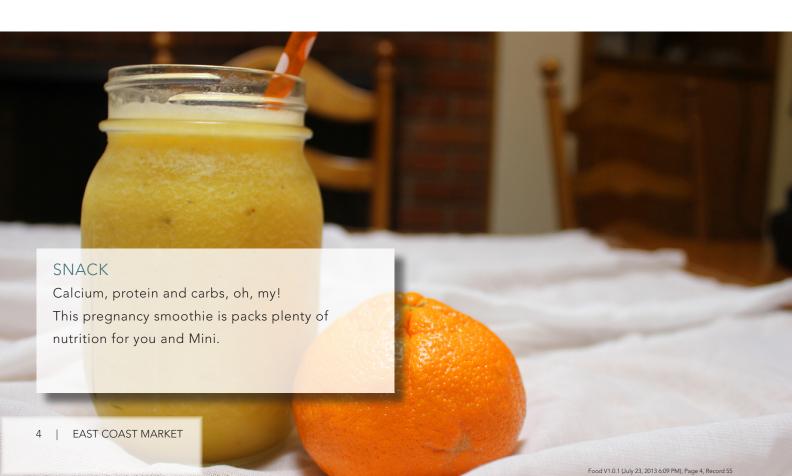
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME $5 \min$

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

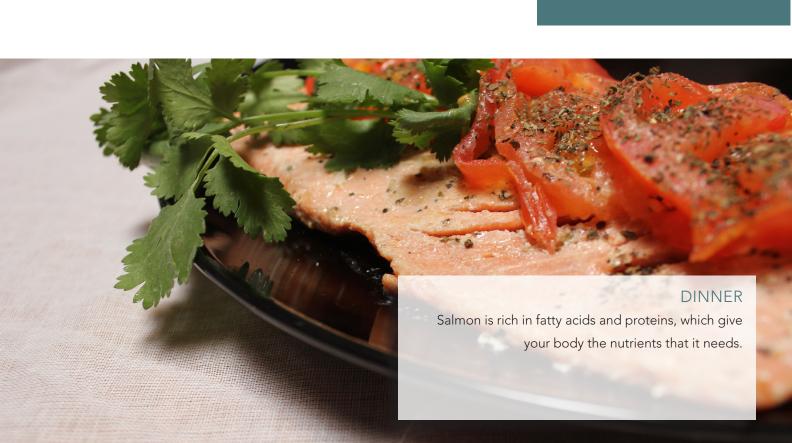
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

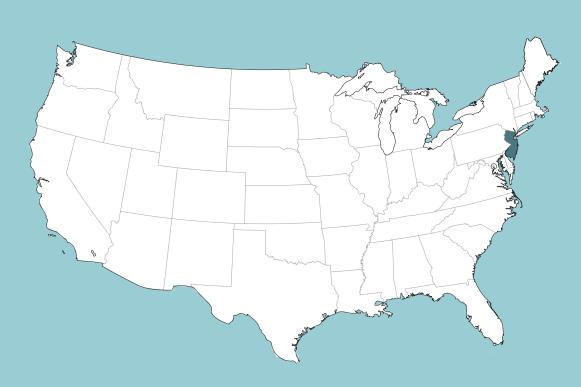
1/4 cup pitted green olives

EAST COAST MARKET





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW JERSEY FOR THE FALL! **Apples** Beets Cauliflower Lettuce **Pumpkins**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Leah Vazquez 5097 Seabring Avenue Newark, NJ 18319

والالووالووالواوالو

Hey Leah,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	zucchin
-----	---------

	1	cup	mus	hroom	S
--	---	-----	-----	-------	---

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Leah Vazquez 5097 Seabring Avenue Newark, NJ 18319

والالسالسالسالات





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

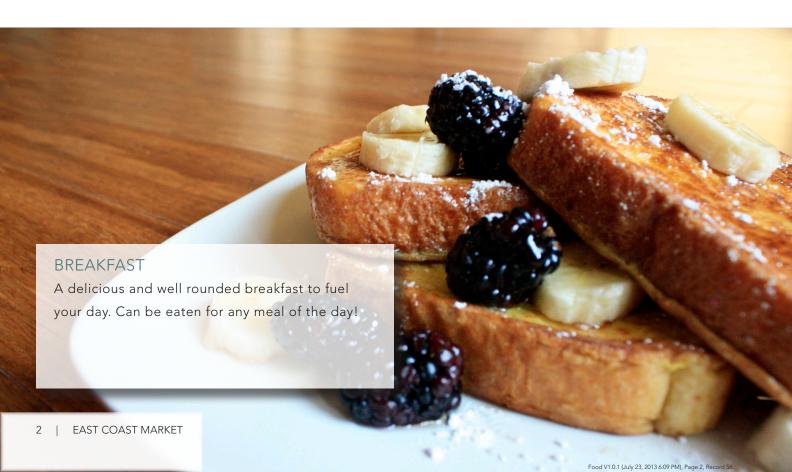
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

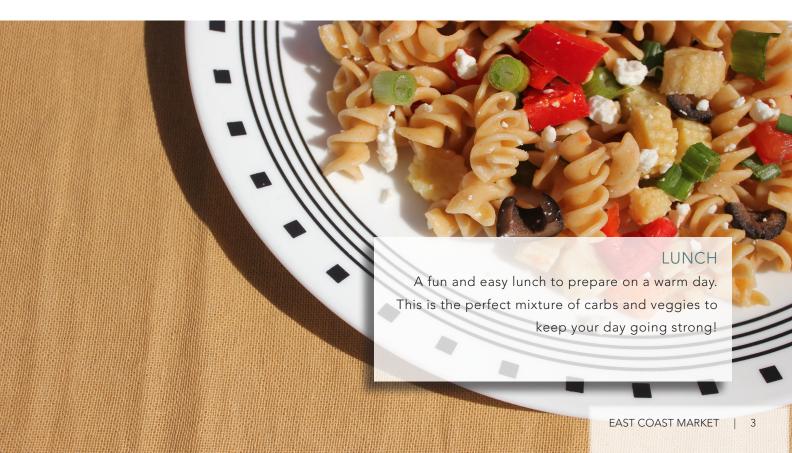
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

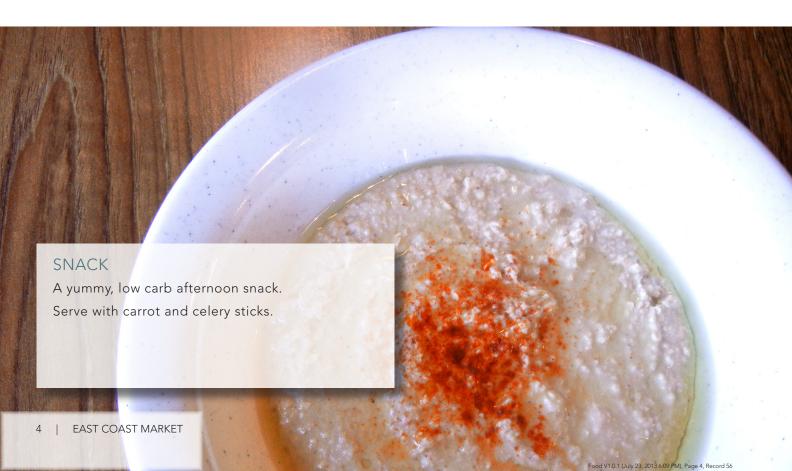
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INGREDIENTS

1 1/2 lb chicken

1 cup cherry tomatoes

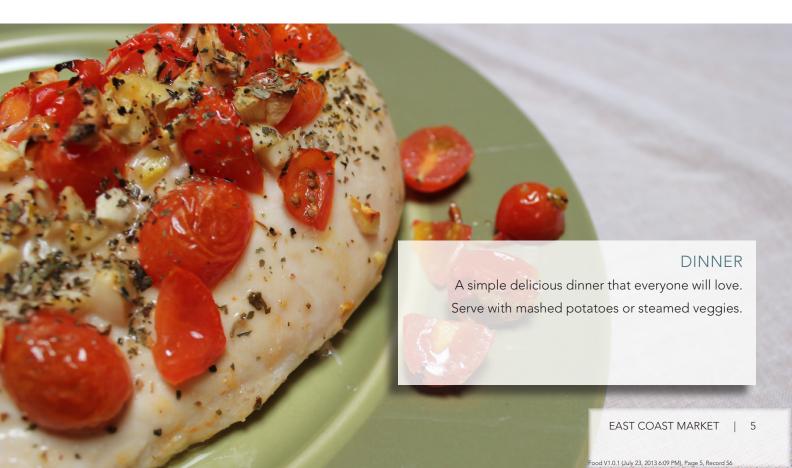
4 cloves of garlic, chopped

olive oil

salt & pepper

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NORTH CAROLINA FOR THE WINTER! **Apples**

Cabbage

Peanuts

Pecans

Sweet potatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

565 Drury Lane Chapel Hill, NC 27514 PAID POSTAGE

Gavin Pollard 5738 Shore Avenue Raleigh, NC 61940

والماسالالسالا

Hey Gavin,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦Ι

$$\Box$$
 1 cup mushrooms

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

565 Drury Lane Chapel Hill, NC 27514 PAID POSTAGE

Gavin Pollard 5738 Shore Avenue Raleigh, NC 61940

واللواساواللوسال





protein power bowl

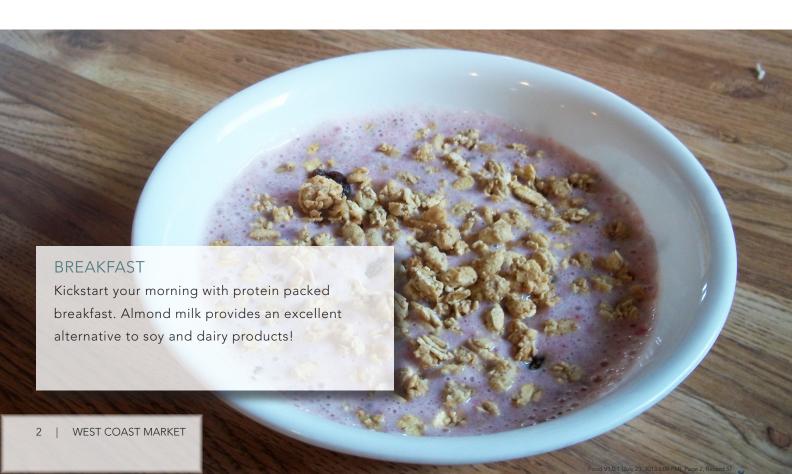
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

PREP 10 min

INSTRUCTIONS

two baguette slices and enjoy.

TOTAL TIME

Roast eggplant in balsamic vinegar. Combine all ingredients in between

min

RECIPE SERVES 2

INGREDIENTS

1/2 eggplant 1/2 zucchini

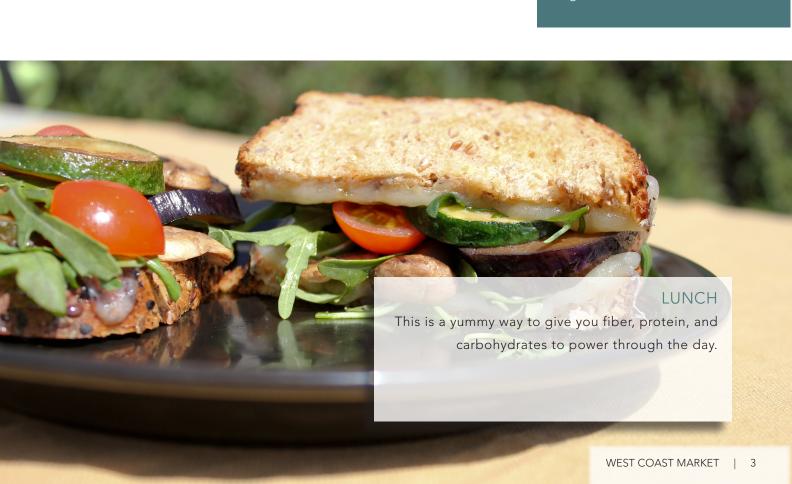
1 cup mushrooms

1 cup tomatoes

basil & arugula

2 tbs balsamic vinegar

Baguette slices



fresh applesauce

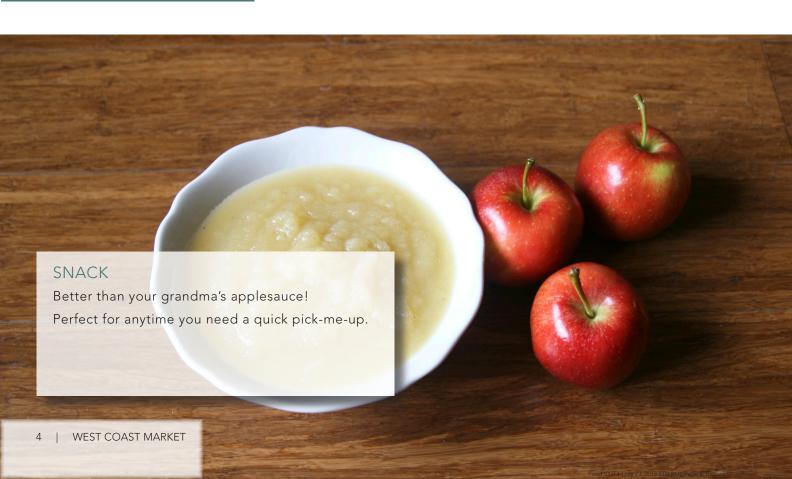
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

Mash chickpeas. Add onions and garlic and blend. Add remaining

ingredients to make a thick paste-like consistency. Shape into balls and

Drizzle olive oil in baking dish. Preheat oven to 350.

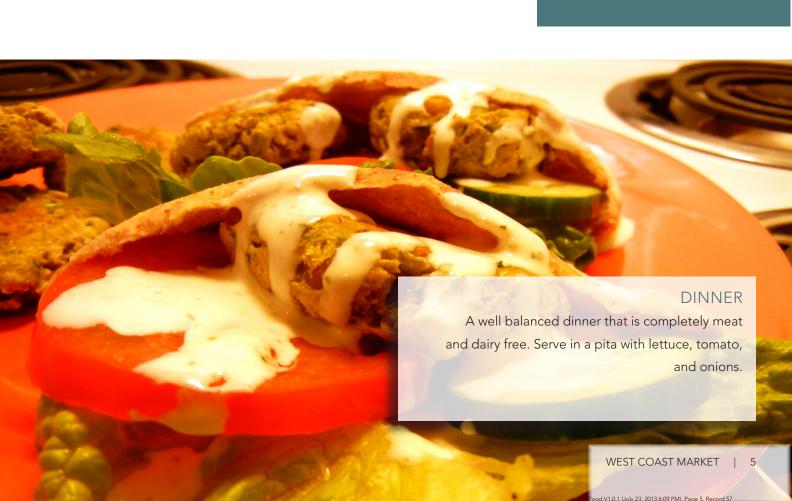
place in baking dish. Bake for 15-20 minutes.

 $^{\scriptscriptstyle \perp}~20$ min

RECIPE SERVES 4

INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE WINTER! Avocados Grapefruit Kale Lemons Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS

















2 FOR \$1.00





The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Seth Downs 8238 Dorchester Road San Jose, CA 8738

Inhladalldala

Hey Seth,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

\square 1/2 z	zucchin
-----------------	---------

	1	cup	mus	hroom	S
--	---	-----	-----	-------	---

☐ 1 cup tomatoe

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Seth Downs 8238 Dorchester Road San Jose, CA 8738

Indulantallidada





spinach and cheese omelet

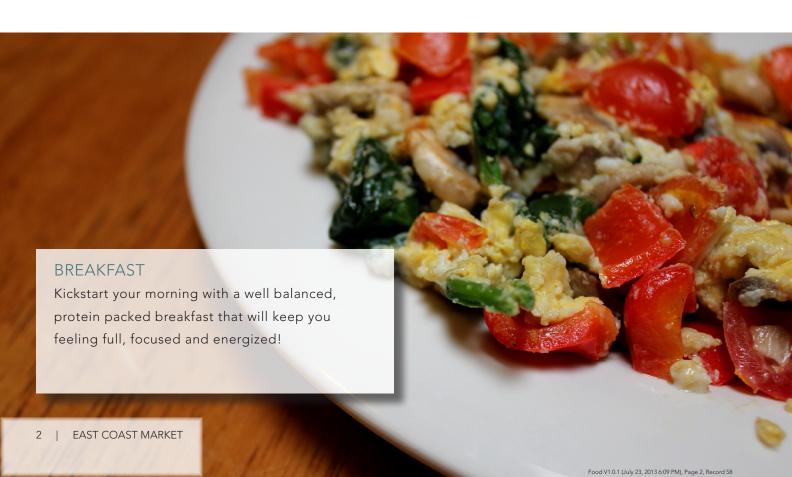
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



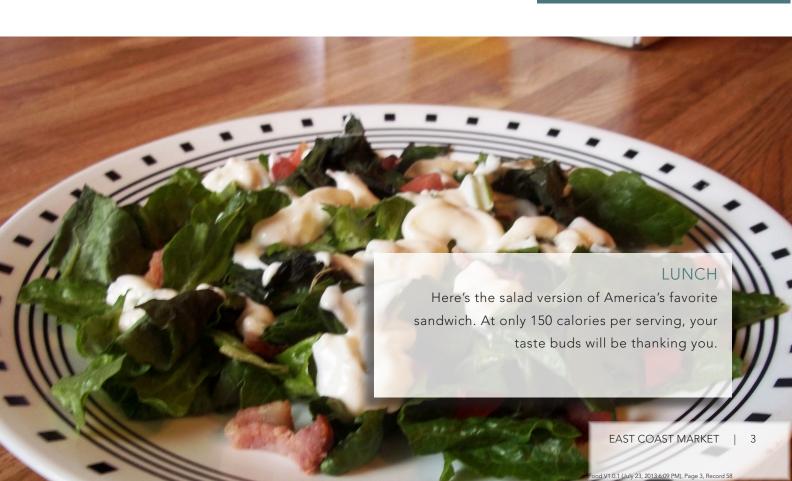
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

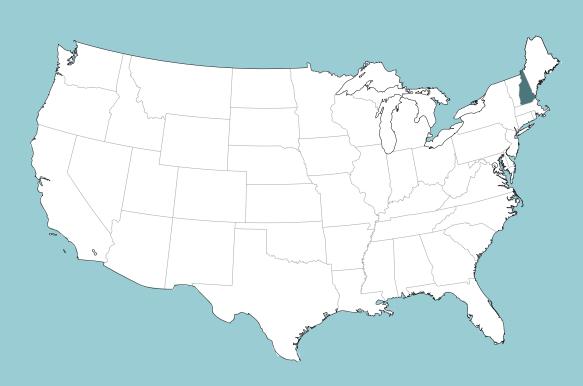
INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW HAMPSHIRE FOR THE FALL! **Apples** Cabbage Potatoes **Pumpkins**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Margaret Hebert 404 Hinckley Rd. Concord, NH 97366

Idadaalalladladla

Hey Margaret,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

	1/2	eggp	lant
--	-----	------	------

□ 1/2 z	zucchin
---------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

□ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Margaret Hebert 404 Hinckley Rd. Concord, NH 97366

Idadadallalladla





spinach and cheese omelet

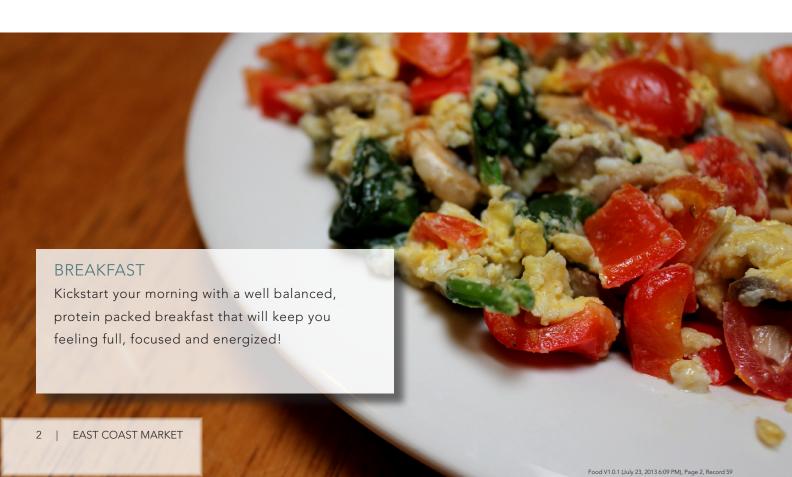
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



chicken tortilla soup

PREP TIME $\mathbf{0}$

INSTRUCTIONS

TOTA TIME

cheese, sour cream and/or fresh avocado slices, if desired.

15

Add all ingredients to a large pot. Bring to a boil and then simmer for

15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar

RECIF SERV 4

INGREDIENTS

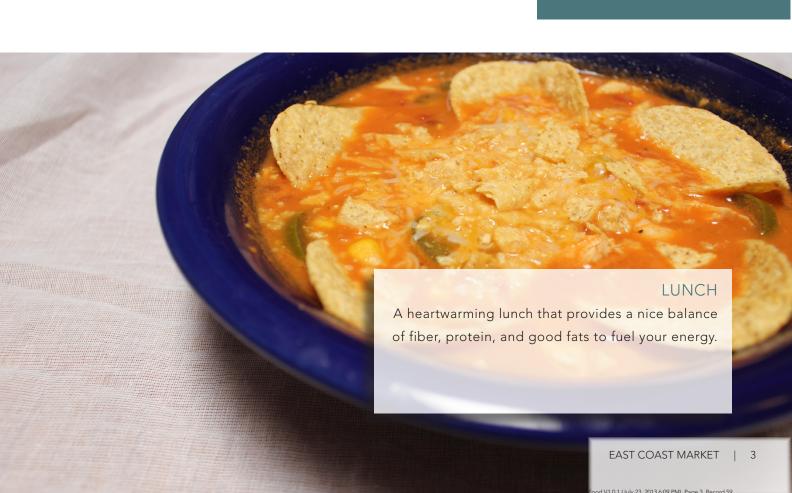
1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa avocado



berry smoothie parfait

INGREDIENTS

1 cup frozen berries

1 cup skim milk

3 tbs greek yogurt

1 tbs chia seeds

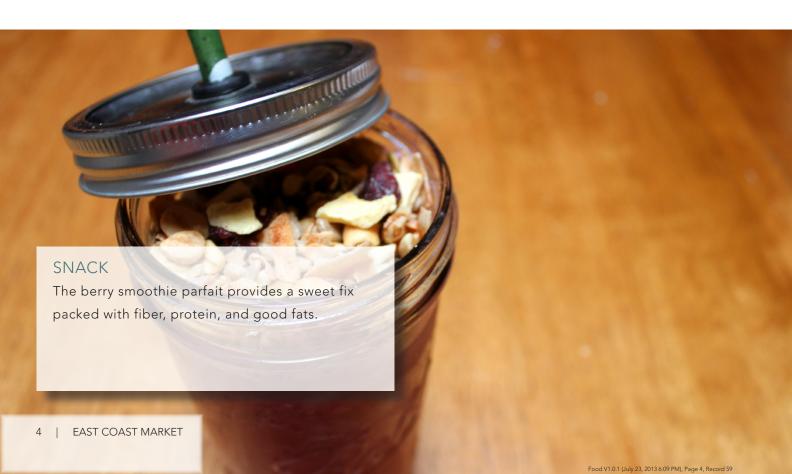
2 bananas

1 cup granola

PREP TIME $10_{
m min}$ Total $10_{
m min}$ recipe $2_{
m Serves}$

INSTRUCTIONS

Toss frozen berries, milk, greek yogurt, chia seeds and 1 banana in a blender. Pulse until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

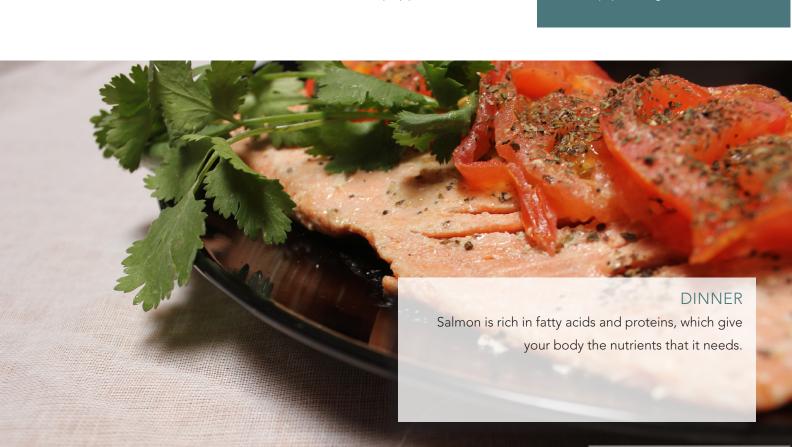
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

EAST COAST MARKET





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW JERSEY FOR THE WINTER!

Broccoli Cabbage Ginger Mushrooms **Parsnips**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Alfonso Crawford P.O. Box 391 Edison, NJ 27972

البامالييالياليياليان

Hey Alfonso,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

1	cup	mus	hroor	ns
] 1	cup	mus	hroor	١

1	cup	tomatoe
---	-----	---------

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Alfonso Crawford P.O. Box 391 Edison, NJ 27972

الباسلسليباليالساليان





protein power bowl

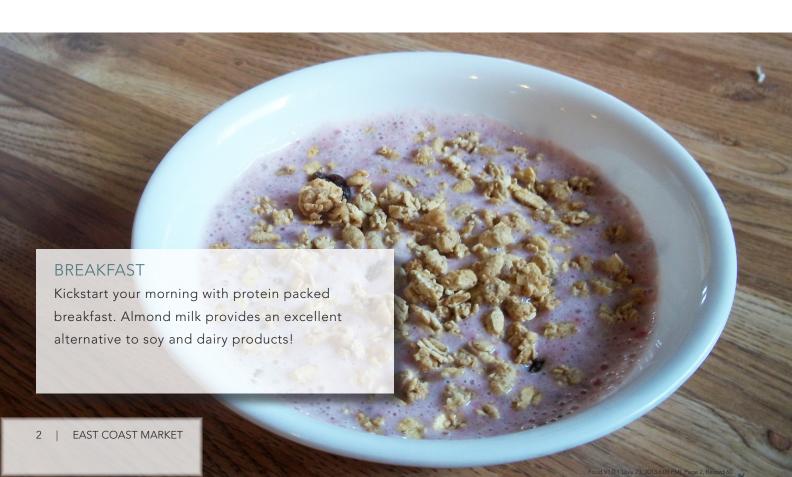
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

PREP 10 min

TOTAL TIME

mir

RECIPE SERVES 2

INGREDIENTS

1/2 eggplant 1/2 zucchini

1 cup mushrooms

1 cup tomatoes

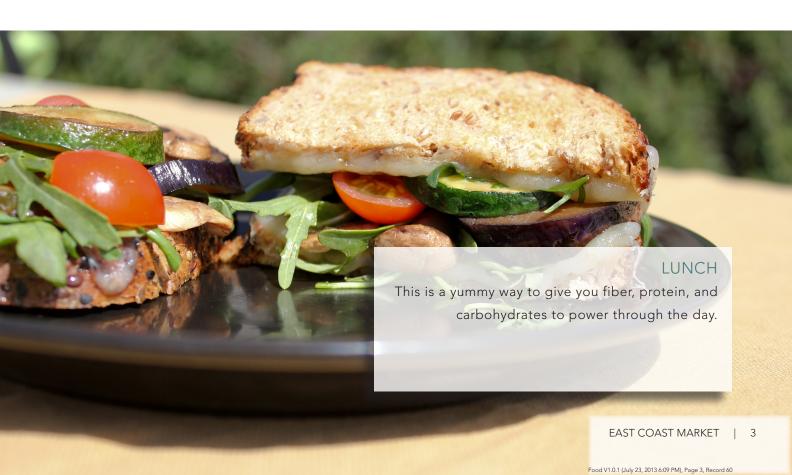
basil & arugula

2 tbs balsamic vinegar

Baguette slices

INSTRUCTIONS

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

Mash chickpeas. Add onions and garlic and blend. Add remaining

ingredients to make a thick paste-like consistency. Shape into balls and

Drizzle olive oil in baking dish. Preheat oven to 350.

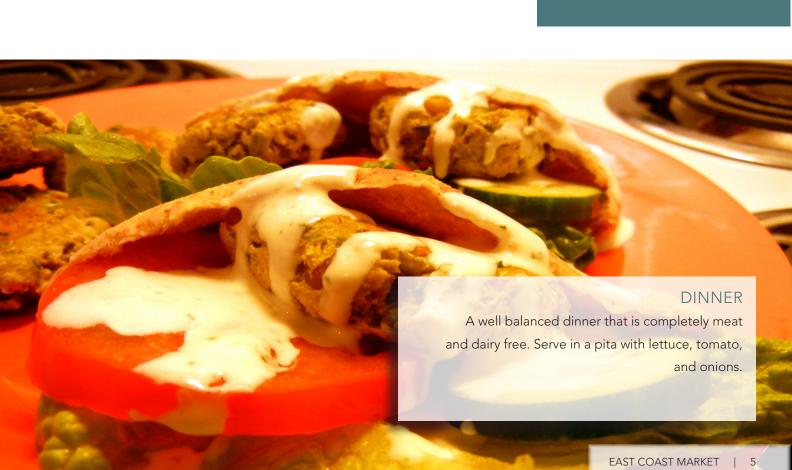
place in baking dish. Bake for 15-20 minutes.

-20 min

RECIPE 4

INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW HAMPSHIRE FOR THE SPRING! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Belle Matthews 2278 89th Avenue Nashua, NH 29669

والطوالوبالوبالطاط

Hey Belle,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Belle Matthews 2278 89th Avenue Nashua, NH 29669

والمالوالوبالوالوالوار





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

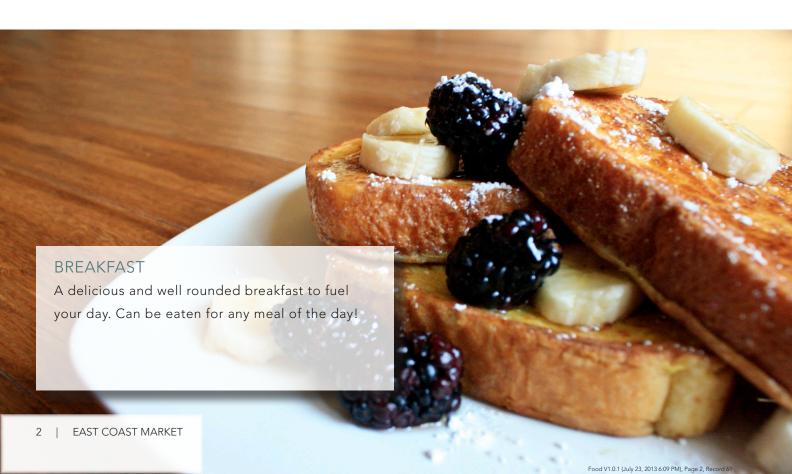
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

PREP 10 min TOTAL 30 min RECIPE SERVES

INGREDIENTS

3 cups whole grain pasta

1 pint grape tomatoes

1 yellow bell pepper

1 cup baby corns

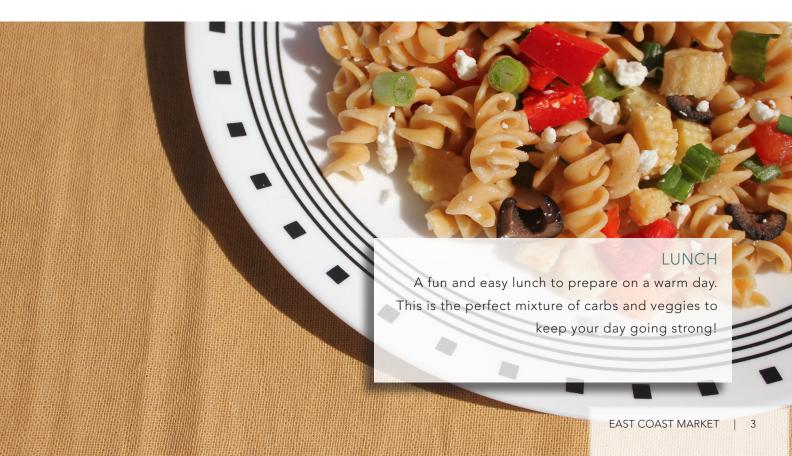
1 cup chopped green onion

1/2 cup black olives

Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

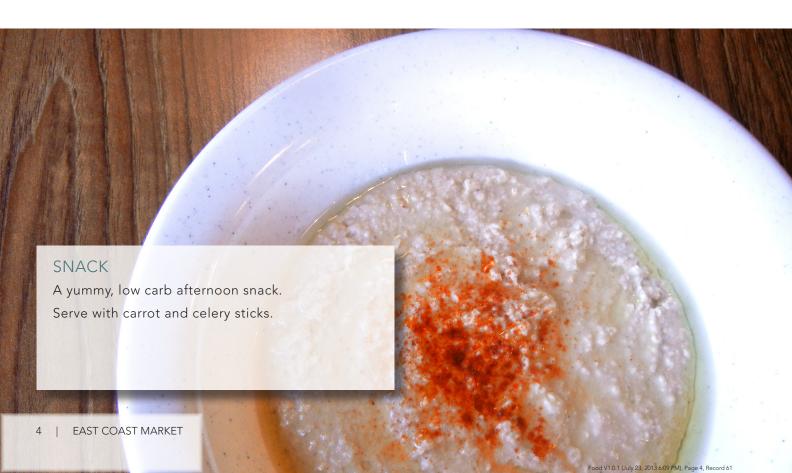
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

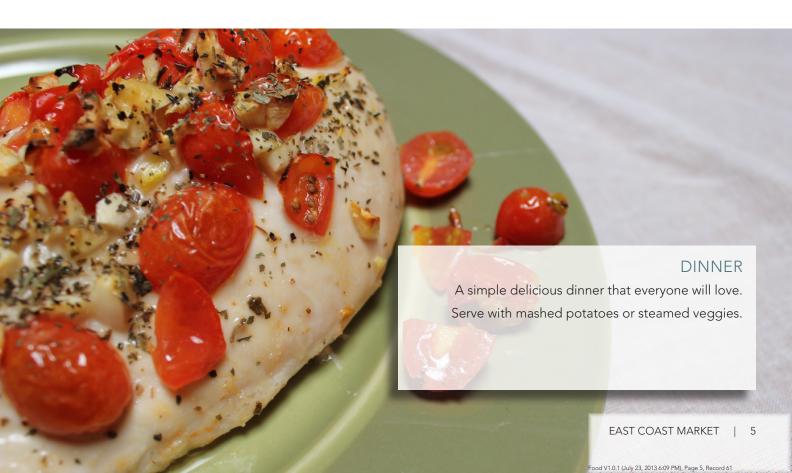
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

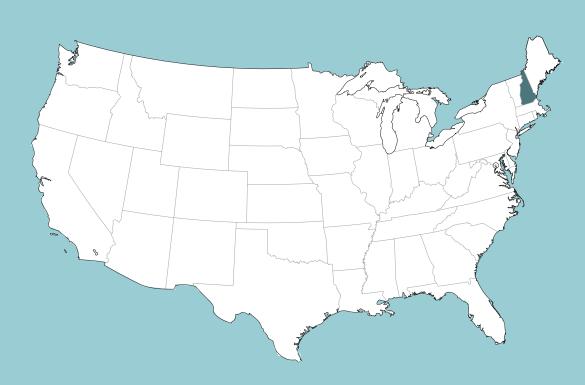
olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW HAMPSHIRE FOR THE FALL! **Apples** Cabbage Potatoes **Pumpkins**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Jorden Aguilar 3891 Caton Avenue Manchester, NH 43981

المسلما لياليا الباليا

Hey Jorden,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

	1	cup	mus	hroo	ms
--	---	-----	-----	------	----

☐ 1 cup tomatoe

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Jorden Aguilar 3891 Caton Avenue Manchester, NH 43981

المسلمانيانالياليانيان





delicious gluten free pancakes

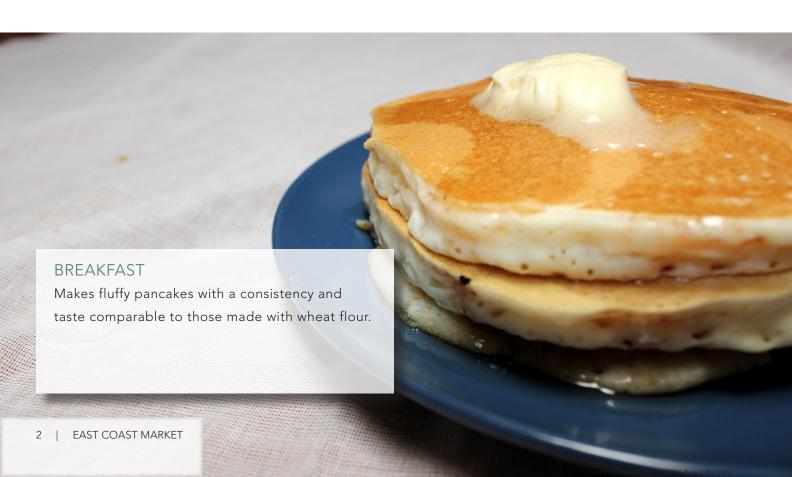
INGREDIENTS

- 1 cup rice flour
- 3 tbs tapioca flour
- 4 tbs dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 tsp baking powder
- 2 eggs
- 3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

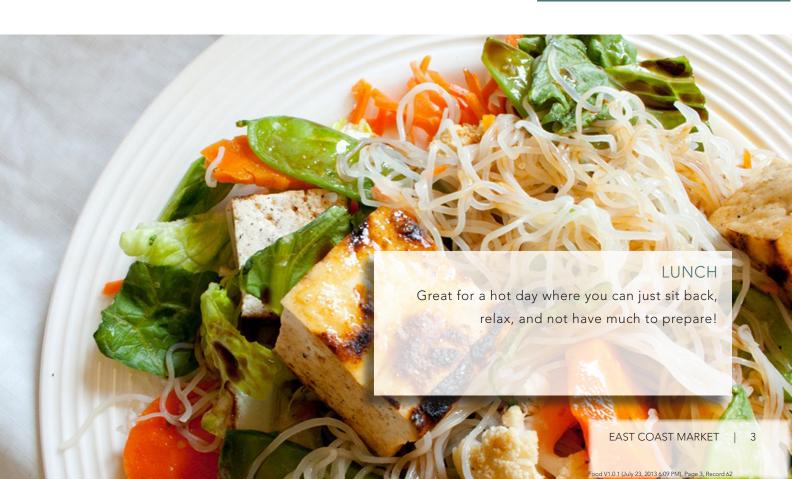
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

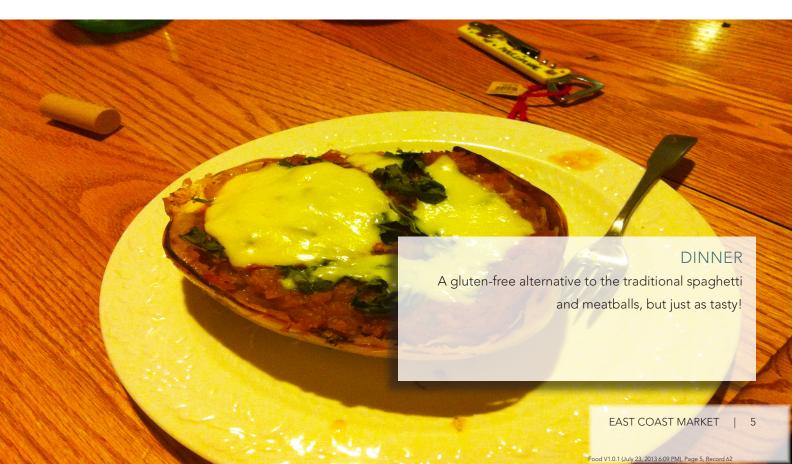
Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

INGREDIENTS

2 whole spaghetti squash olive oil salt & pepper 1-1/2 lbs meatballs 4 cups spaghetti sauce

1 cup mozzarella cheese, shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW YORK FOR THE WINTER!

Broccoli Cabbage Carrots Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

92837 Fifth Ave New York, NY 10003 PAID POSTAGE

Neville Noble 6087 Harman St. Ap #986 Yonkers, NY 46327

اسالياسالسيالاسا

Hey Neville,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

	1 10				
Ш	1/2	zucc	h	ır	1

ns

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

92837 Fifth Ave New York, NY 10003 PAID POSTAGE

Neville Noble 6087 Harman St. Ap #986 Yonkers, NY 46327

اسالياسالسيالياماء





spinach and cheese omelet

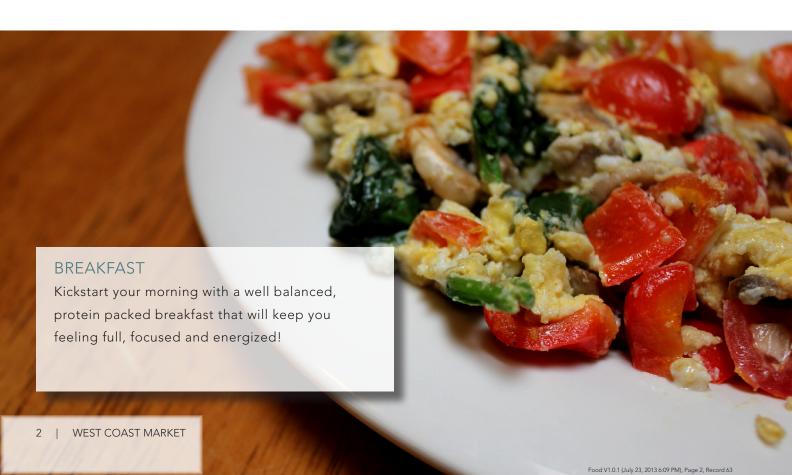
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



chicken tortilla soup

PREP TIME $\mathbf{0}$

TOT TIMI 15

min

RECIPE SERVES 4

INGREDIENTS

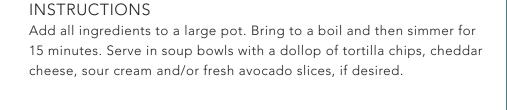
1 can black beans, drained

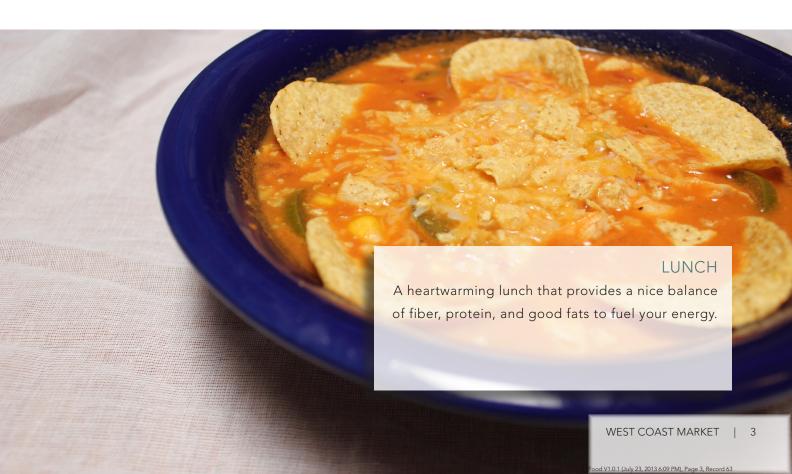
1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa avocado





berry smoothie parfait

INGREDIENTS

1 cup frozen berries

1 cup skim milk

3 tbs greek yogurt

1 tbs chia seeds

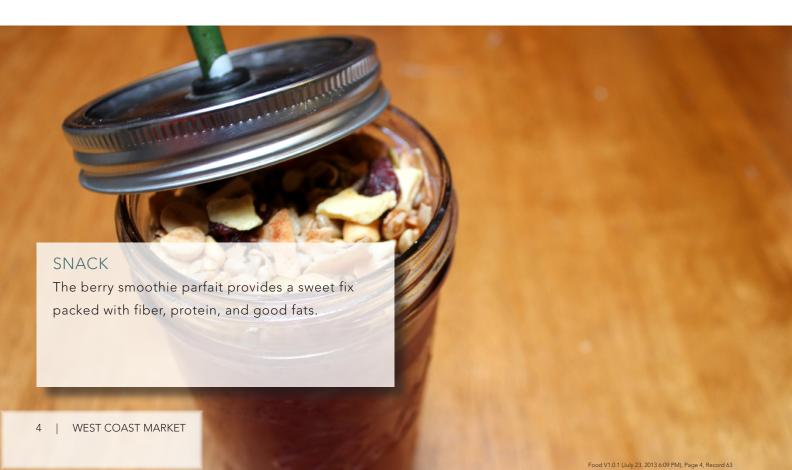
2 bananas

1 cup granola

PREP TIME $10_{
m min}$ Total $10_{
m min}$ recipe $2_{
m Serves}$

INSTRUCTIONS

Toss frozen berries, milk, greek yogurt, chia seeds and 1 banana in a blender. Pulse until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

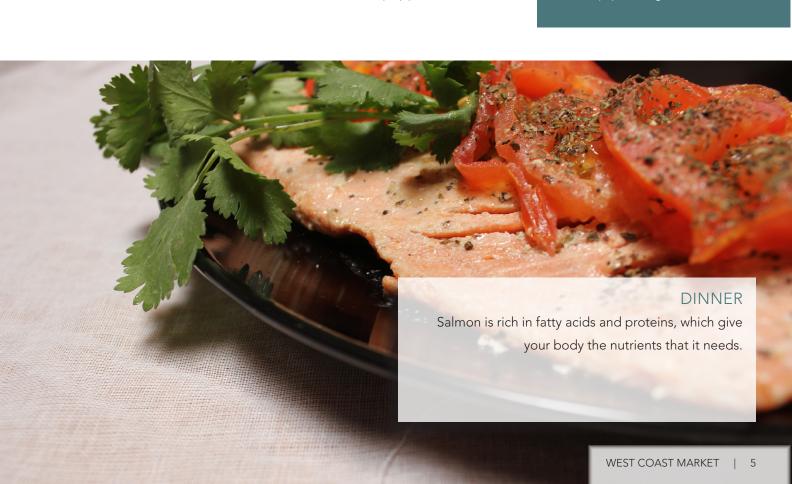
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

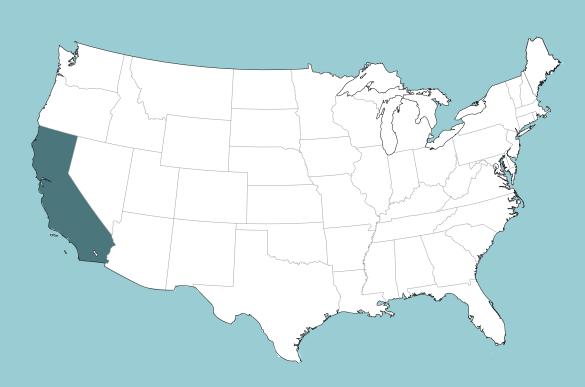
1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL! **Apples** Broccoli Brussel sprouts **Peppers** Pomegranates



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Jessamine Hall P.O. Box 393 Sacramento, CA 94647

Idaaladdhadallaal

Hey Jessamine,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	1/2	zucchin
\Box	1/2	Zucciiiii

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

□ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Jessamine Hall P.O. Box 393 Sacramento, CA 94647

اسالماسالياساليا





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

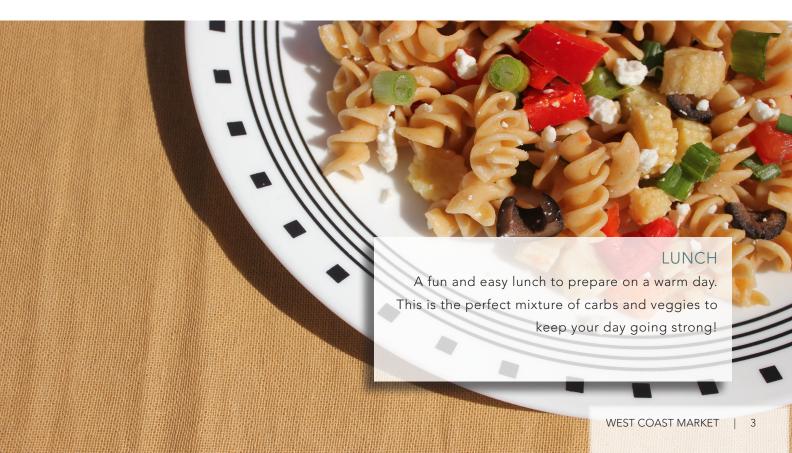
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

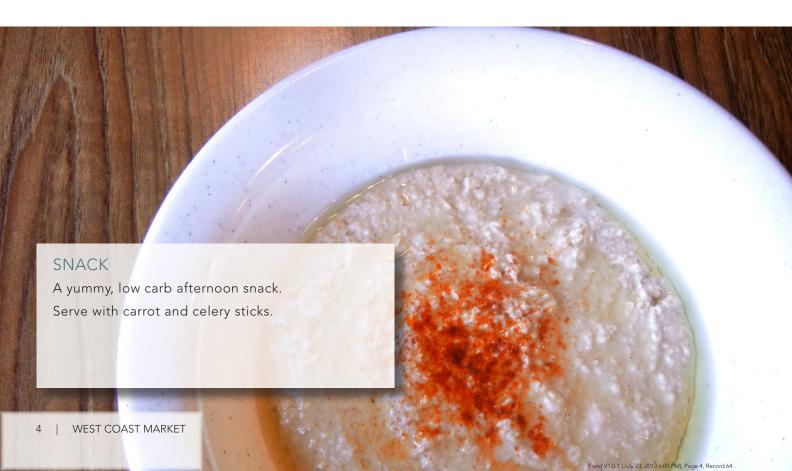
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

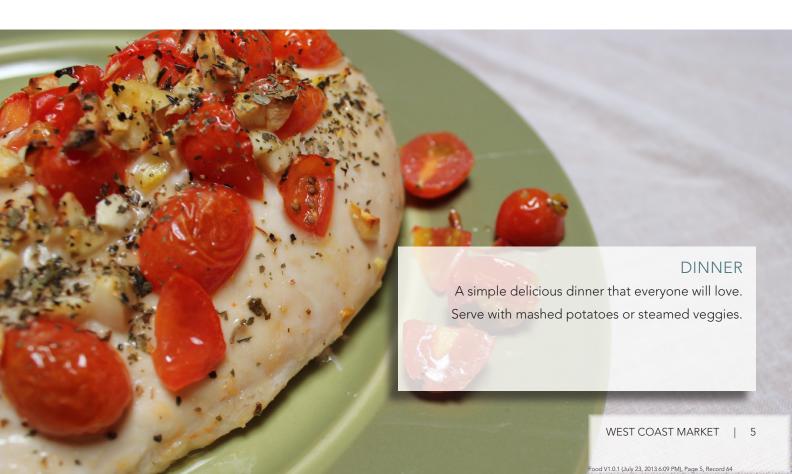
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

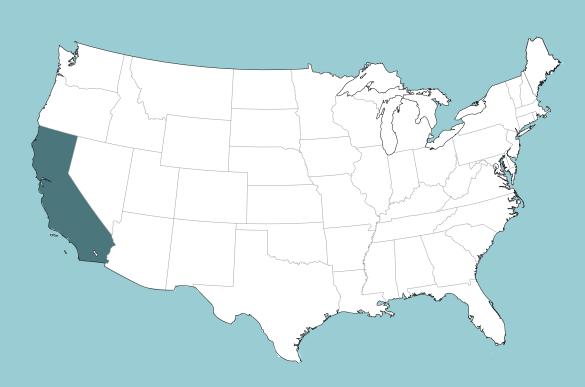
olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL! **Apples** Broccoli Brussel sprouts **Peppers** Pomegranates



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Zephania Cole 1160 Dakota Street San Jose, CA 80208

Indellaradelllardede

Hey Zephania,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

	1/2	eggp	lant
--	-----	------	------

\square 1/2 z	zucchin
-----------------	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Zephania Cole 1160 Dakota Street San Jose, CA 80208

Indellaradalllardada





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

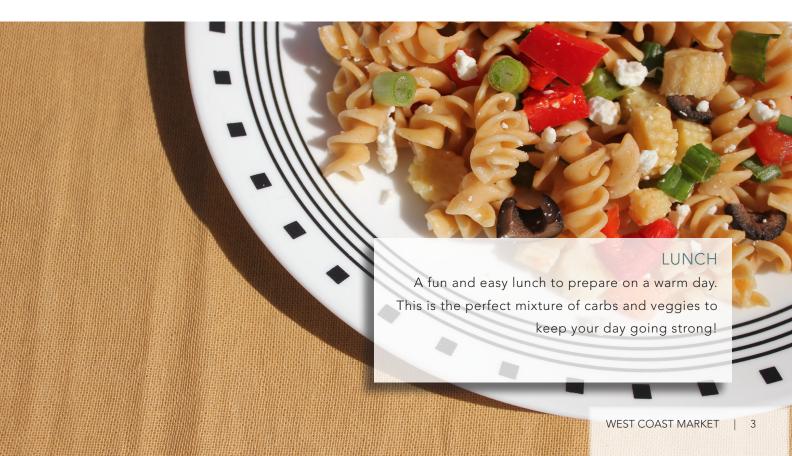
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

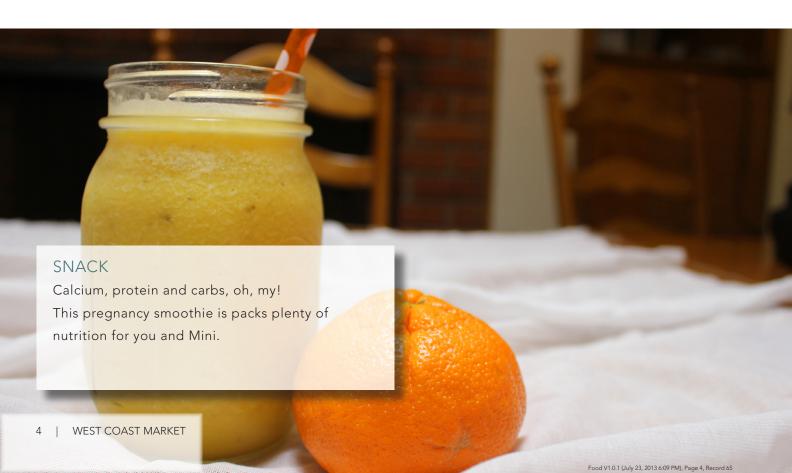
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME $5 \min$

TOTAL TIME

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

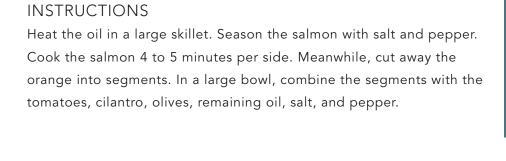
kosher salt and black pepper

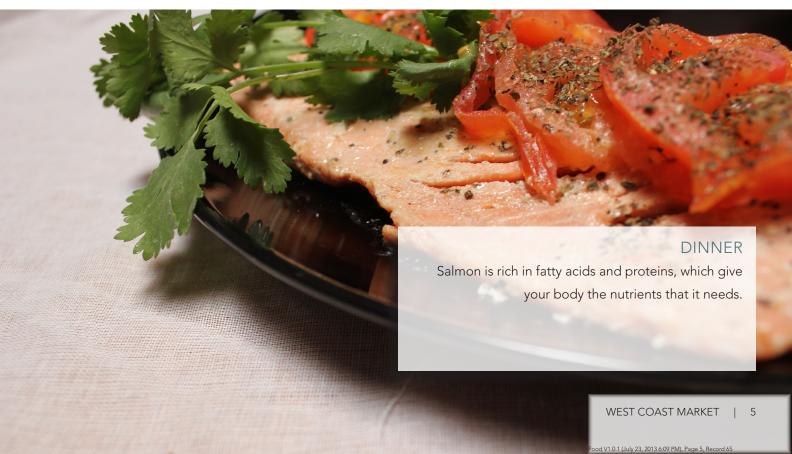
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

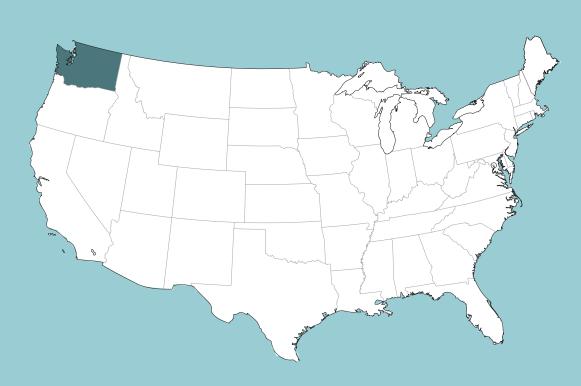
1/4 cup pitted green olives







BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN WASHINGTON FOR THE FALL! **Apples** Beets Cranberries Grapes Kale



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



232 State St. Seattle, WA 98101 PAID POSTAGE

Alice Wiley 5212 Huntington Rd. Olympia, WA 79008

Indialialialialialialia

Hey Alice,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

I/∠ zucchin		1/2	zucchin
-------------	--	-----	---------

] 1	l cup	mush	rooms

- 1			
		h	001
		() ~	151

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Alice Wiley 5212 Huntington Rd. Olympia, WA 79008

بالمالية السالية المالية





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

PREP 10 min TOTAL 30 min RECIPE SERVES

INGREDIENTS

3 cups whole grain pasta

1 pint grape tomatoes

1 yellow bell pepper

1 cup baby corns

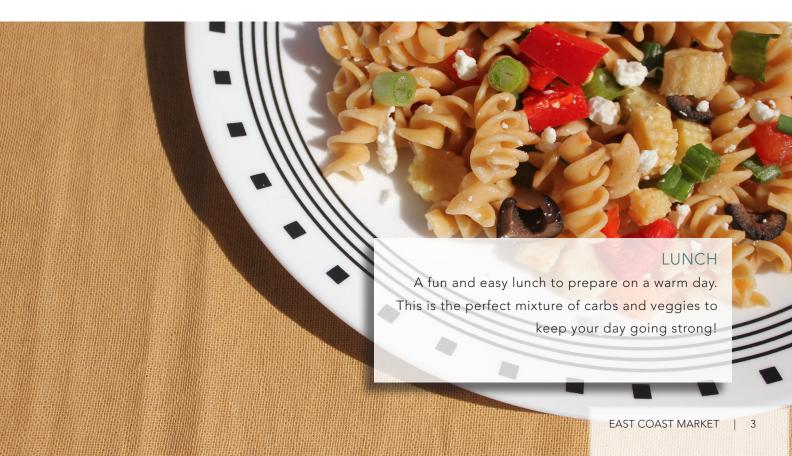
1 cup chopped green onion

1/2 cup black olives

Italian Dressing

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.



sesame orange smoothie

INGREDIENTS

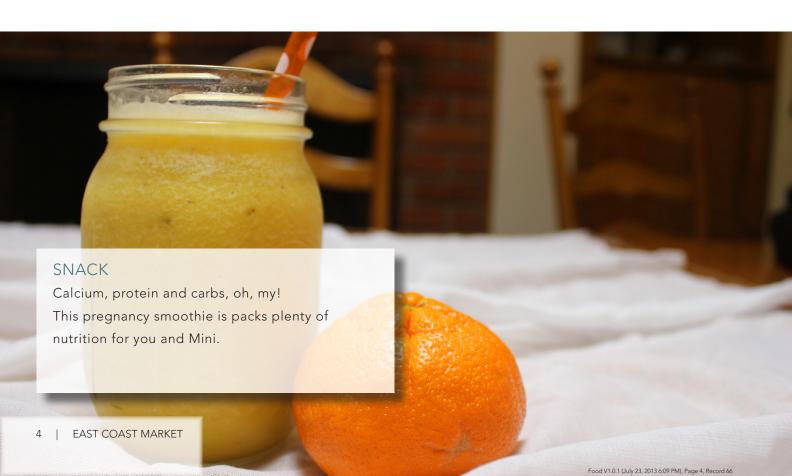
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME $5 \min$

TOTAL TIME

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

1 orange

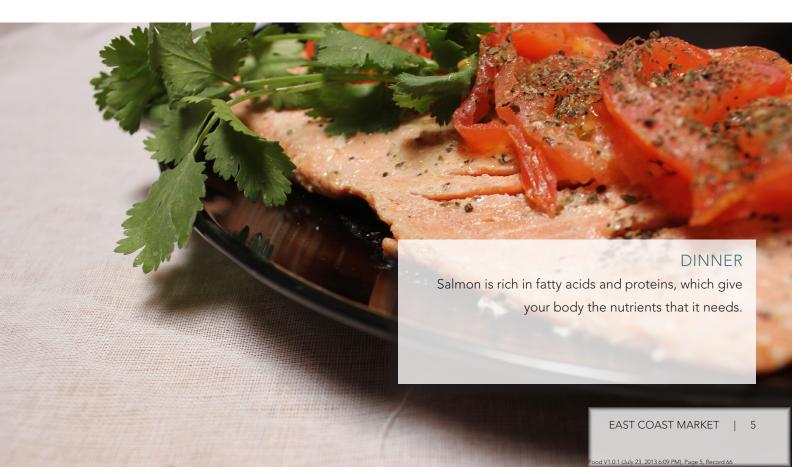
2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

INSTRUCTIONS

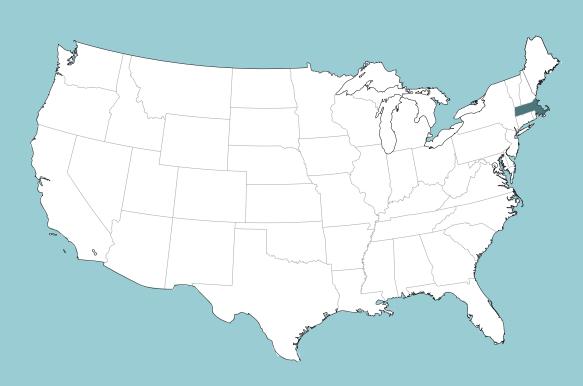
Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE SPRING!

Beets Cauliflower Cherries Spinach Cucumbers



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Morgan Hoover P.O. Box 830 Springfield, MA 78803

Indial Indial India

Hey Morgan,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

	1/2	eggp	ant
--	-----	------	-----

4 10					
1/2	zu	CC	h	Ir	٦Ι

🗌 1 cup mushroom	าร
------------------	----

□ basil

arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Morgan Hoover P.O. Box 830 Springfield, MA 78803

بالسياليا بالطايات الساليات





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

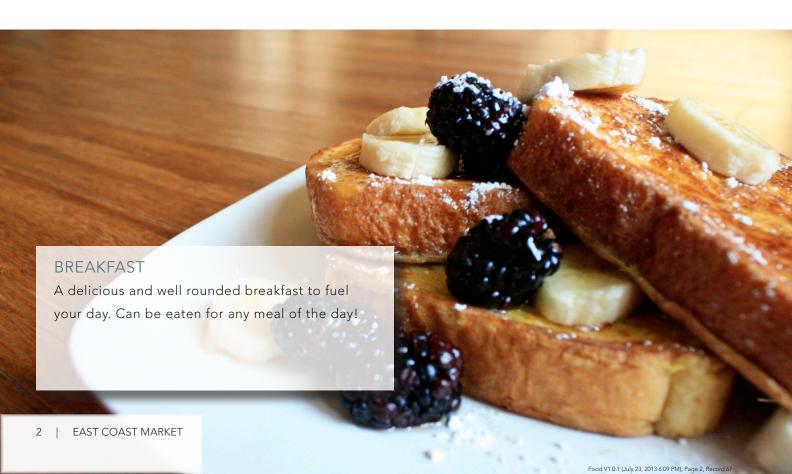
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



blt salad

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

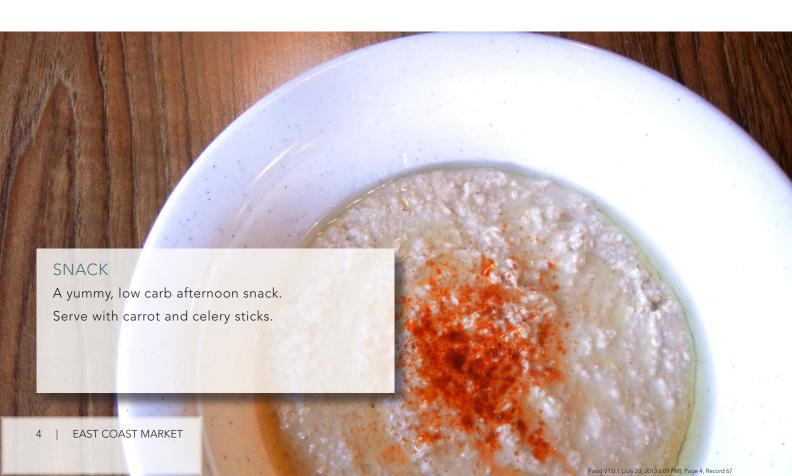
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

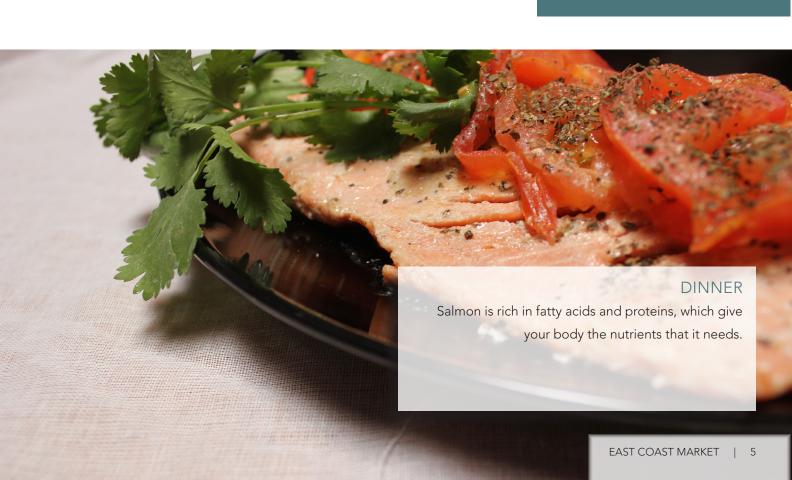
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NORTH CAROLINA FOR THE WINTER! **Apples**

Cabbage

Peanuts

Pecans

Sweet potatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

565 Drury Lane Chapel Hill, NC 27514 PAID POSTAGE

Cheryl Knight 5822 49th Street Ap #883 Charlotte, NC 41686

والمامالياليالسامال

Hey Cheryl,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

	1/2	zucchin
ш	1/2	Zucciiiii

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

565 Drury Lane Chapel Hill, NC 27514 PAID POSTAGE

Cheryl Knight 5822 49th Street Ap #883 Charlotte, NC 41686

والماماماليالسامالي





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

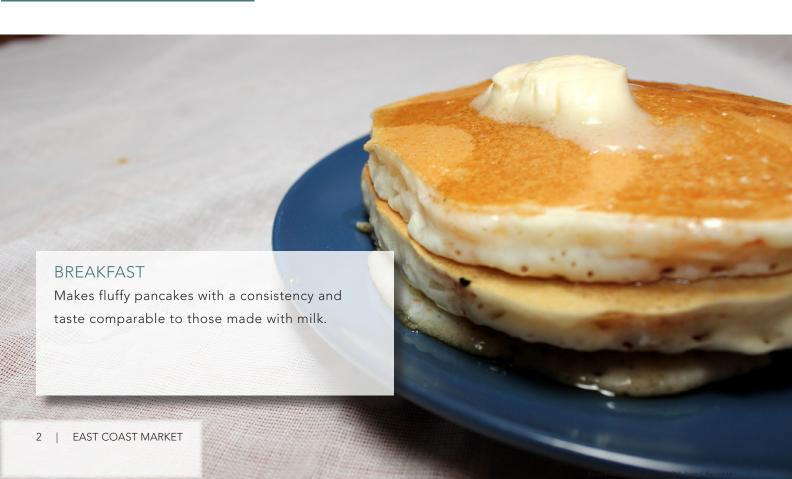
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

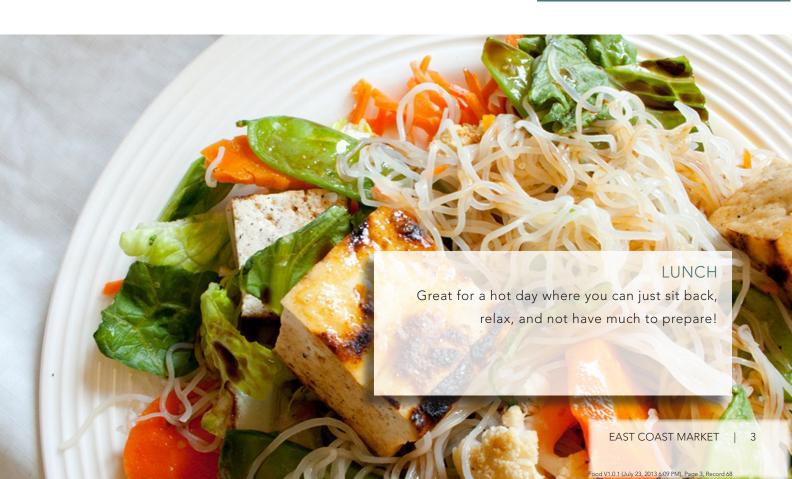
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME 0 min

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa

INSTRUCTIONS

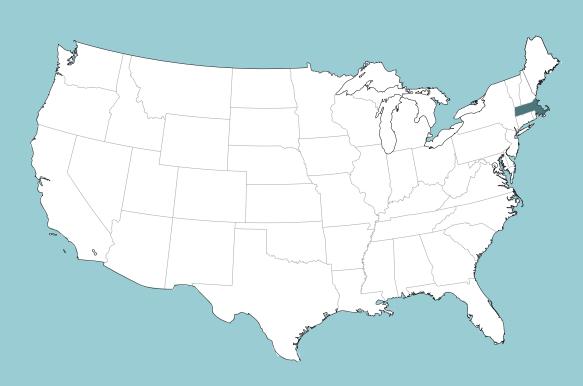
Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE WINTER!

Broccoli Cabbage Carrots Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Germane Castillo 1623 Shore Avenue Cambridge, MA 35603

بالساباسالسالسالي

Hey Germane,

-East Coast Market

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eg	gp!	ant
----	-------	-----	-----

4 10				
1/2	zucc	h	ır	١I

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Germane Castillo 1623 Shore Avenue Cambridge, MA 35603

بالسبالبالبالبالبالياب





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

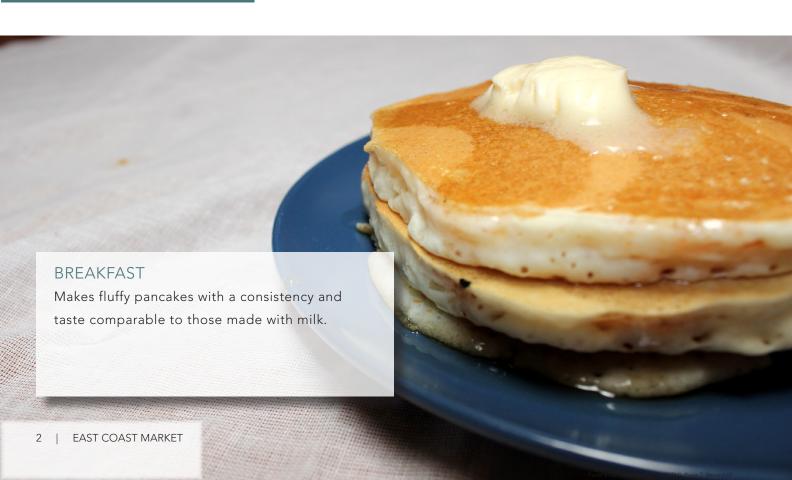
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

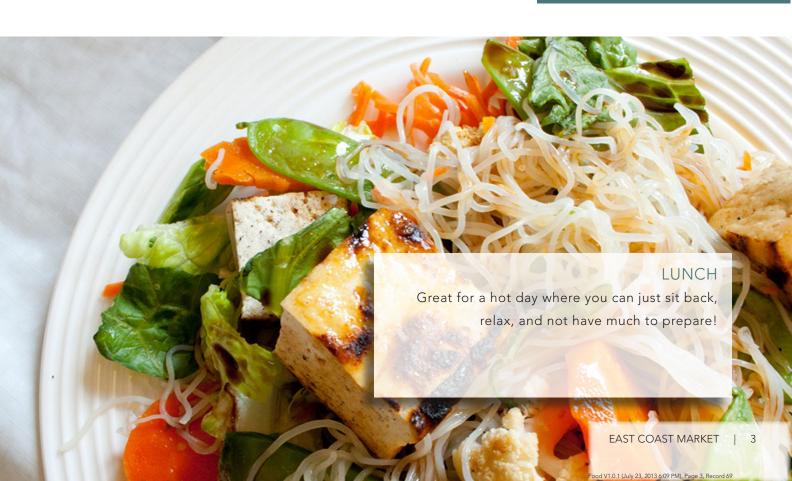
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

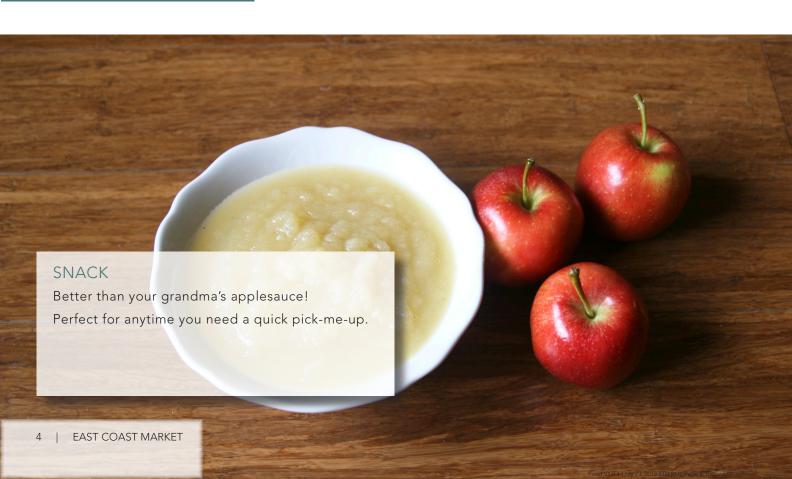
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME 0 min

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa

INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW YORK FOR THE WINTER!

Broccoli Cabbage Carrots Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

92837 Fifth Ave New York, NY 10003 PAID POSTAGE

Vladimir Mann P.O. Box 385 New York, NY 60588

بانتابانيانانانسيالييال

Hey Vladimir,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hroo	ms
--	---	-----	-----	------	----

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

92837 Fifth Ave New York, NY 10003 PAID POSTAGE

Vladimir Mann P.O. Box 385 New York, NY 60588

بانتانانيانانانيانانيانا





spinach and cheese omelet

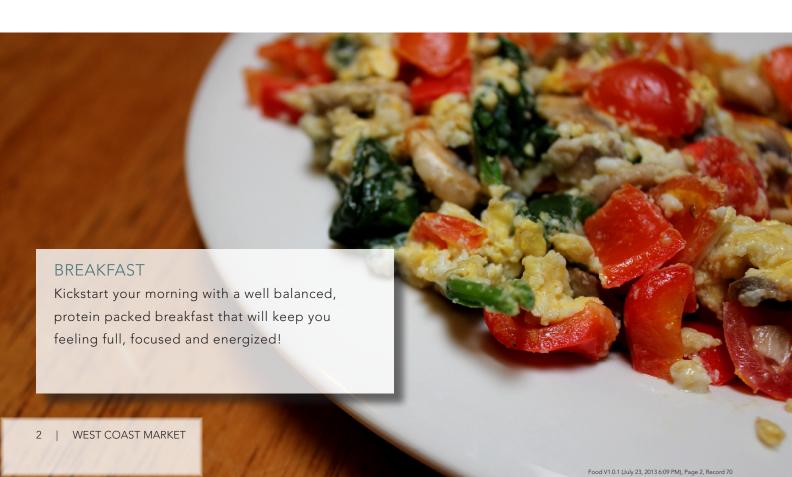
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



chicken tortilla soup

PREP TIME

INSTRUCTIONS

cheese, sour cream and/or fresh avocado slices, if desired.

Add all ingredients to a large pot. Bring to a boil and then simmer for

15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar

INGREDIENTS

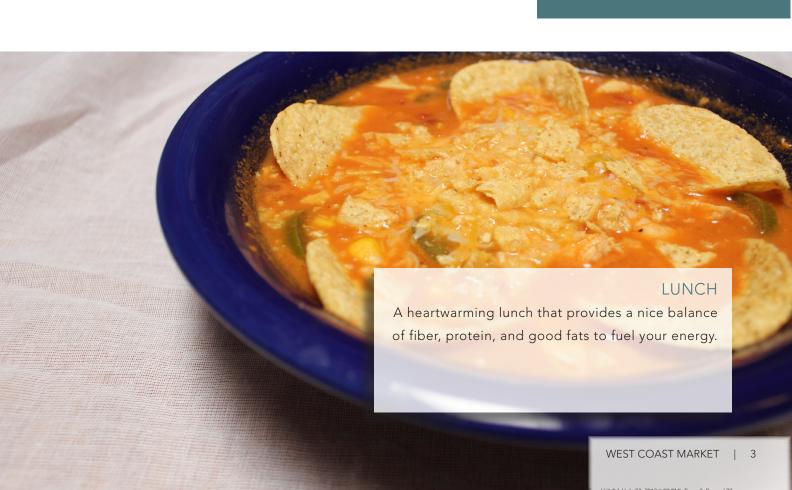
1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa avocado



berry smoothie parfait

INGREDIENTS

1 cup frozen berries

1 cup skim milk

3 tbs greek yogurt

1 tbs chia seeds

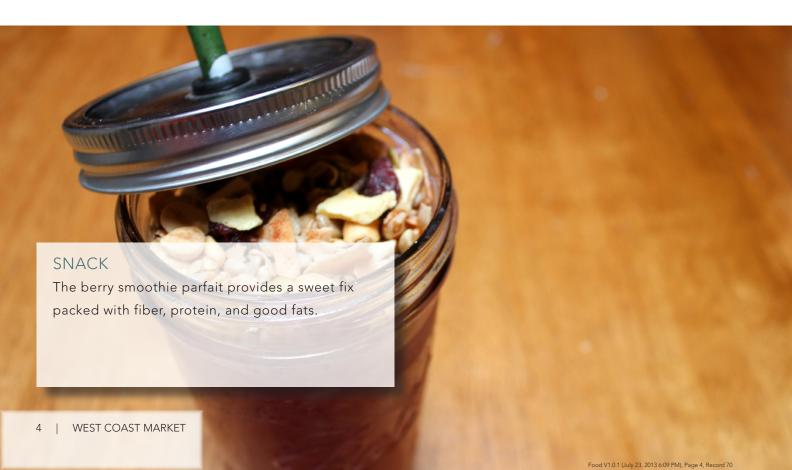
2 bananas

1 cup granola

PREP TIME $10_{
m min}$ Total $10_{
m min}$ recipe $2_{
m Serves}$

INSTRUCTIONS

Toss frozen berries, milk, greek yogurt, chia seeds and 1 banana in a blender. Pulse until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

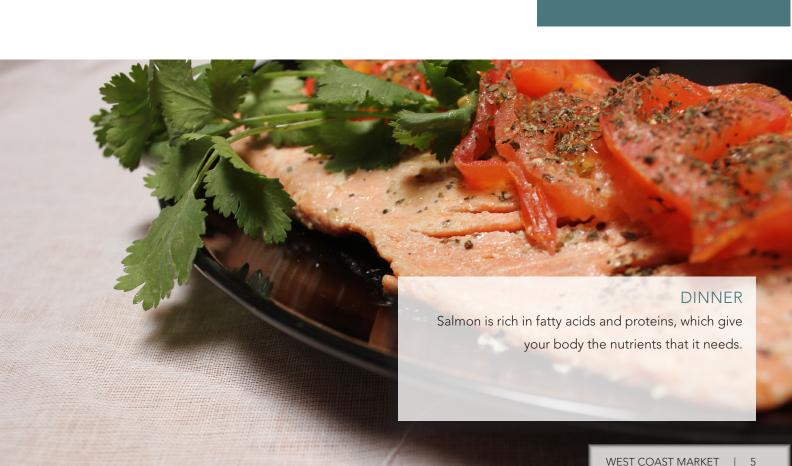
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE WINTER! Avocados Grapefruit Kale Lemons Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS























The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Tana Charles 6086 Hinckley Rd. Fresno, CA 97791

Idadaallaalldaaall

Hey Tana,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

□ 1/2 z	zucchin
---------	---------

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

☐ 1 cup tomatoe

- 1			
		h	001
		() ~	151

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Tana Charles 6086 Hinckley Rd. Fresno, CA 97791

Idadaallaallalaaall





spinach and cheese omelet

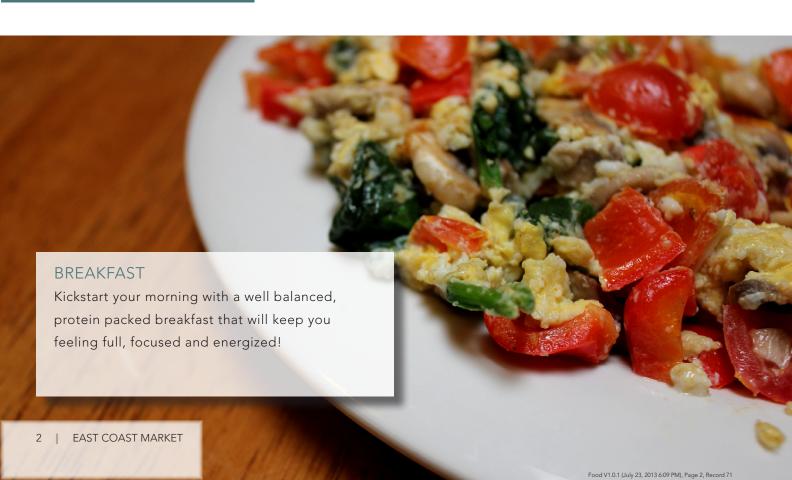
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

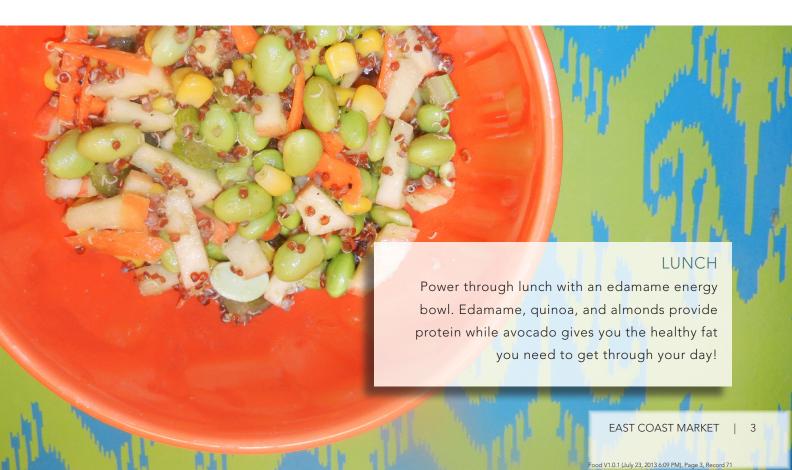
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

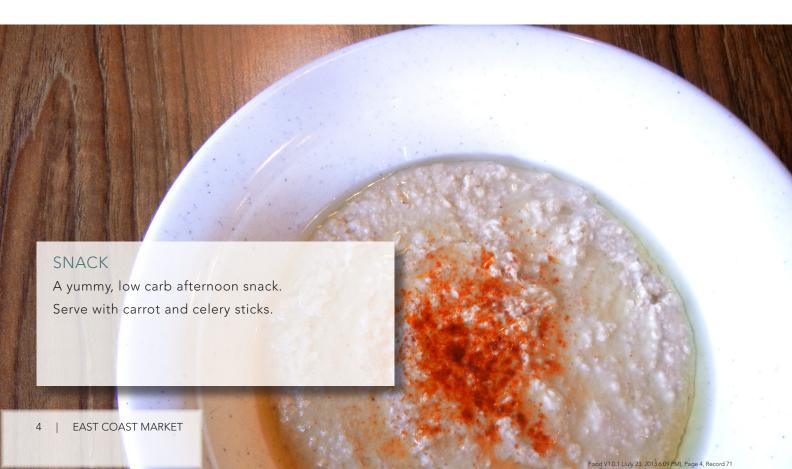
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

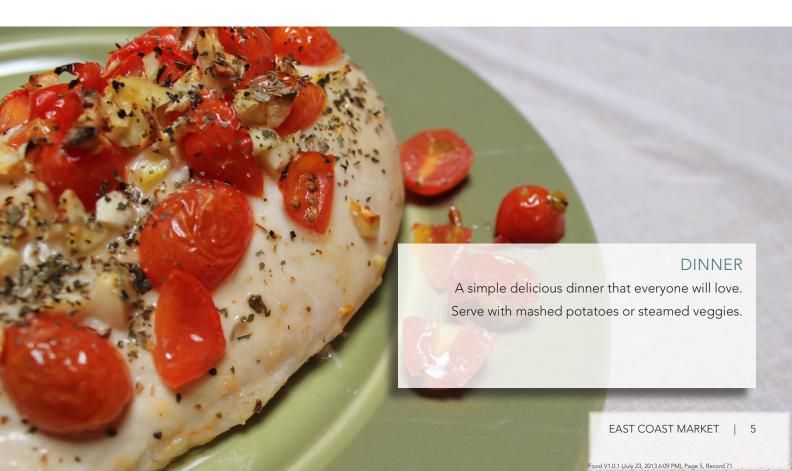
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE SPRING!

Beets Cauliflower Cherries Spinach Cucumbers



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Timothy Sosa P.O. Box 785 Worcester, MA 38382

الماسلماليالساسليا

Hey Timothy,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

	4 10				
Ш	1/2	zucc	h	ır	١I

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Timothy Sosa P.O. Box 785 Worcester, MA 38382

المساسليل السلسليلات





spinach and cheese omelet

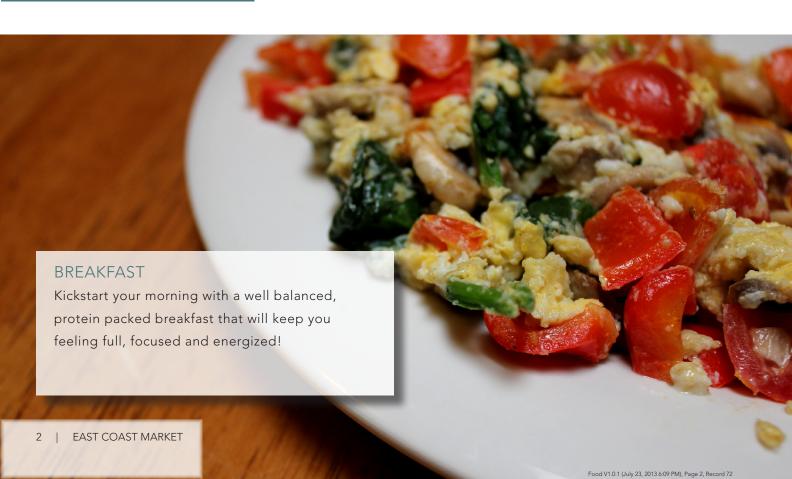
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



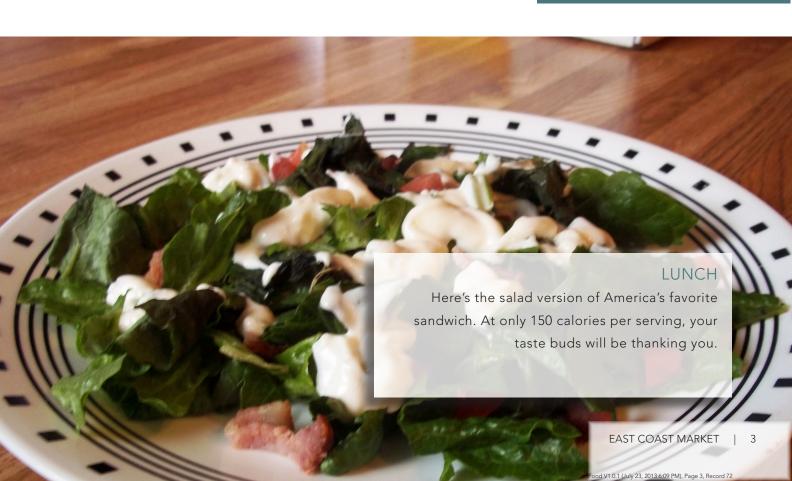
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

INGREDIENTS

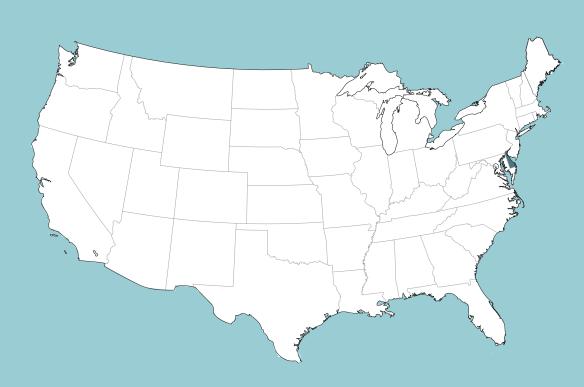
- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN DELAWARE FOR THE SUMMER!

Cantaloupe Eggplant Peaches **Peppers** Watermelon



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Armand Griffin P.O. Box 774 Pike Creek, DE 30840

وباللواولواواوالوالوا

Hey Armand,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Armand Griffin P.O. Box 774 Pike Creek, DE 30840

وباللواوانيانان





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

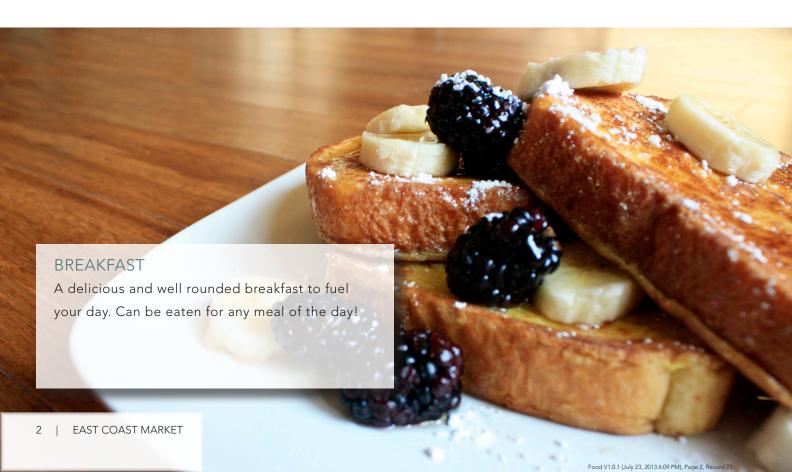
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

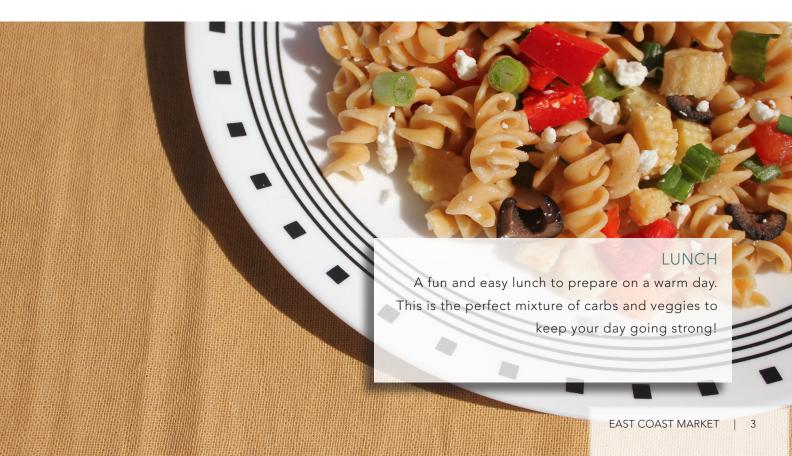
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

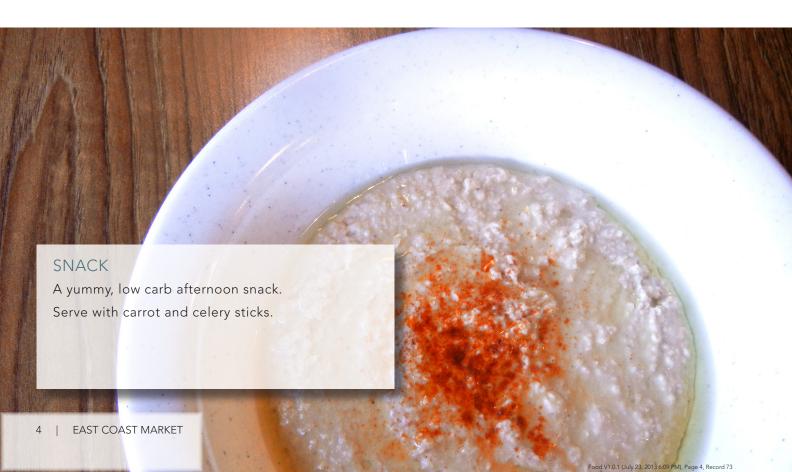
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

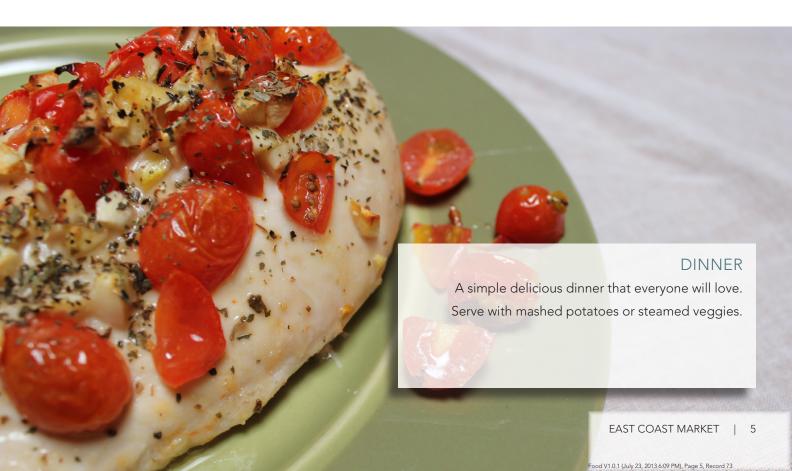
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE SUMMER! Blueberries

Peaches

Peas

Raspberries

Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Shelly Hardy P.O. Box 529 Cambridge, MA 53295

بالماسليالياسالسالي

Hey Shelly,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1/2	eggp	lant
-----	------	------

	1 10				
\square 1/2	1/2	zucc	h	ır	1

1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Shelly Hardy P.O. Box 529 Cambridge, MA 53295

بابانتياباليانييالينيابان





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

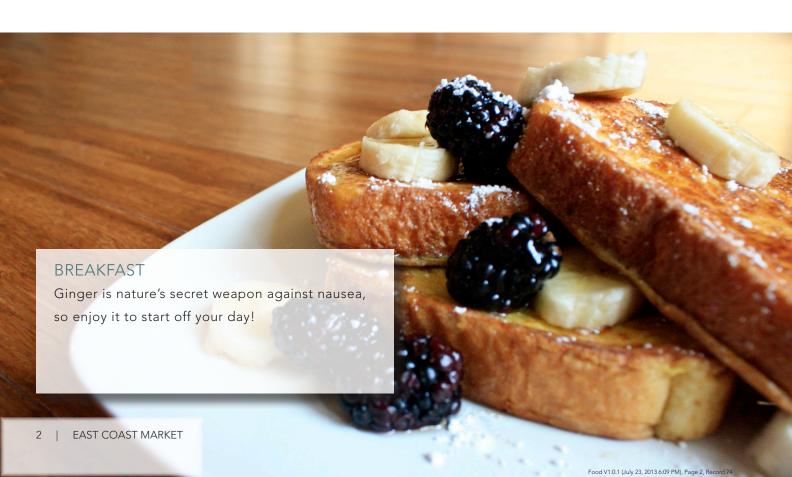
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$ SERVES $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

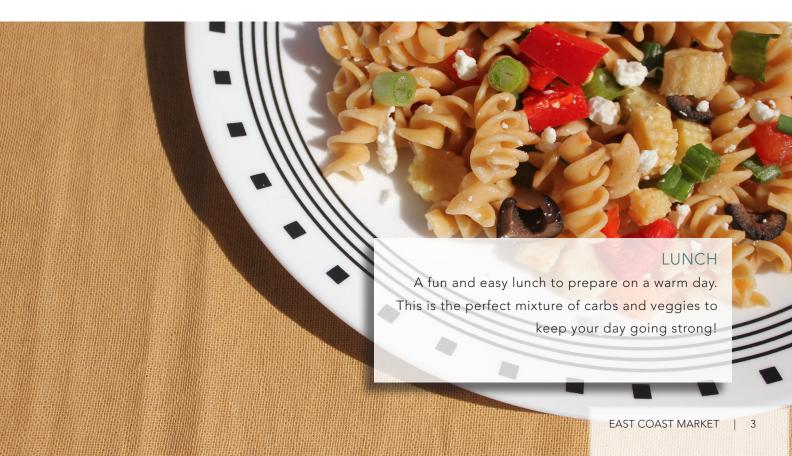
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

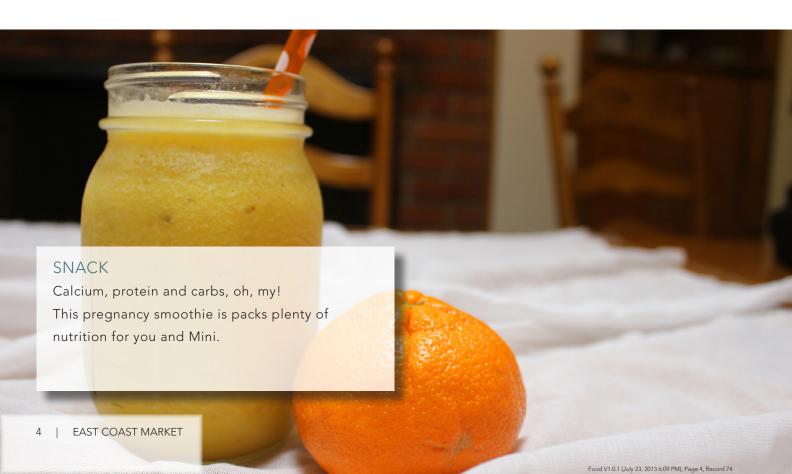
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

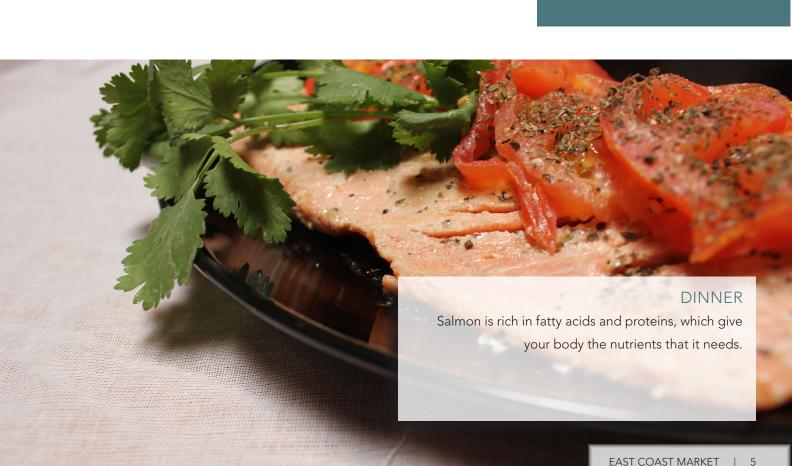
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE FALL! **Apples** Broccoli **Peppers** Pumpkin Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Haviva Finch 8418 Olive Ave Norfolk, VA 50949

مابالماساباساليابان

Hey Haviva,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	991	olant	
---	------	-----	-------	--

	1 10				
\square 1/2	1/2	zucc	h	ır	1

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Haviva Finch 8418 Olive Ave Norfolk, VA 50949

والبالوا والمالوا والمالوا





protein power bowl

INGREDIENTS

1 cup frozen berries

1 cup almond milk

2 tablespoons protein powder

1 tbs chia seeds

2 bananas

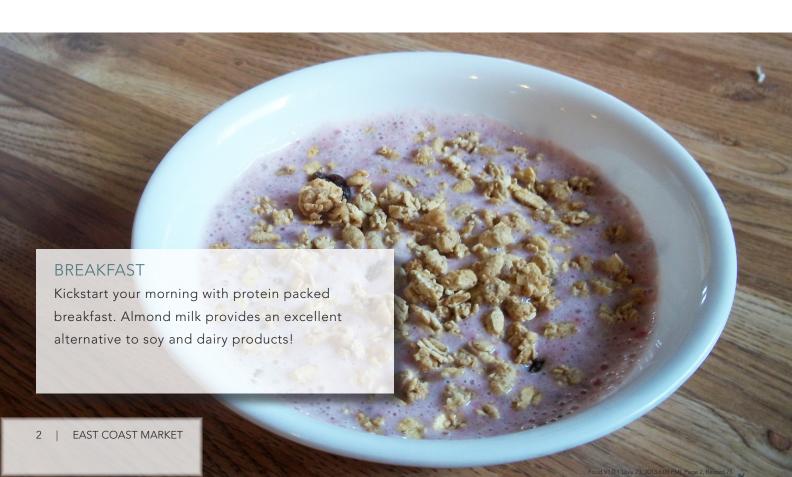
1 cup granola

1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

PREP 10 min

TOTAL 1

min

RECIPE SERVES 2

INGREDIENTS

1/2 eggplant 1/2 zucchini

1 cup mushrooms

1 cup tomatoes

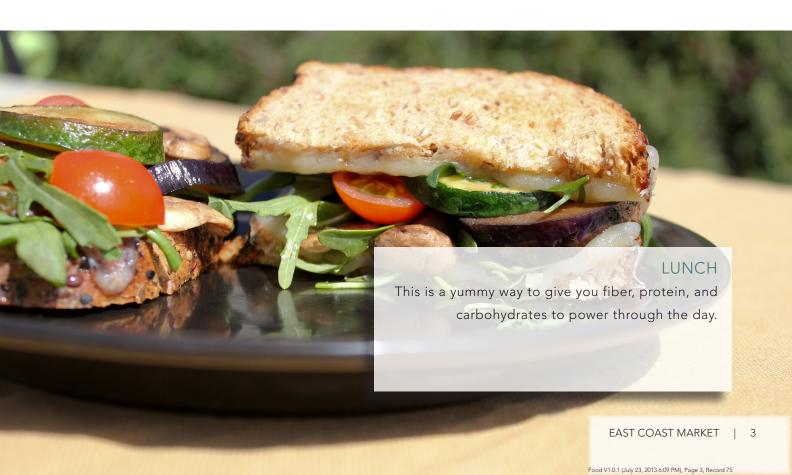
basil & arugula

2 tbs balsamic vinegar

Baguette slices

INSTRUCTIONS

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

Mash chickpeas. Add onions and garlic and blend. Add remaining

ingredients to make a thick paste-like consistency. Shape into balls and

Drizzle olive oil in baking dish. Preheat oven to 350.

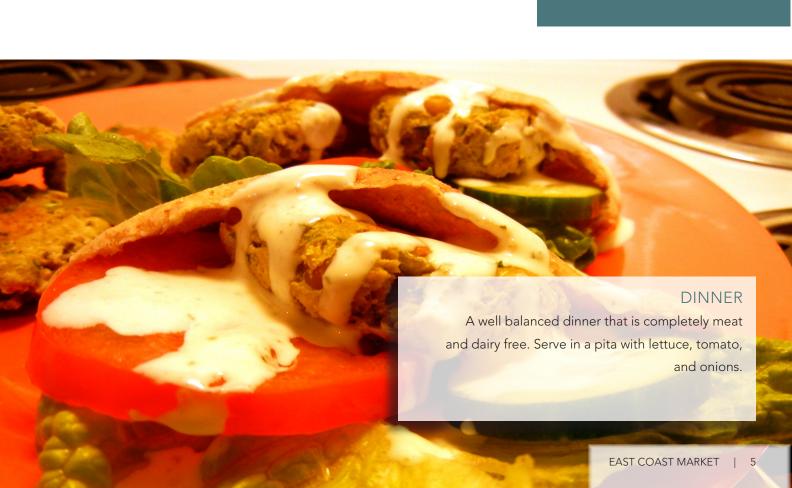
place in baking dish. Bake for 15-20 minutes.

-20 min

RECIPE SERVES 4

INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN DELAWARE FOR THE FALL! **Apples** Cabbage Chesnuts **Pumpkins** Spinach



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Urielle Anthony 2435 Duffield Rd. Newark, DE 14546

وبالباواوابالباواواوالي

Hey Urielle,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- □ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Urielle Anthony 2435 Duffield Rd. Newark, DE 14546

وبالباواواواراواواواوا





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

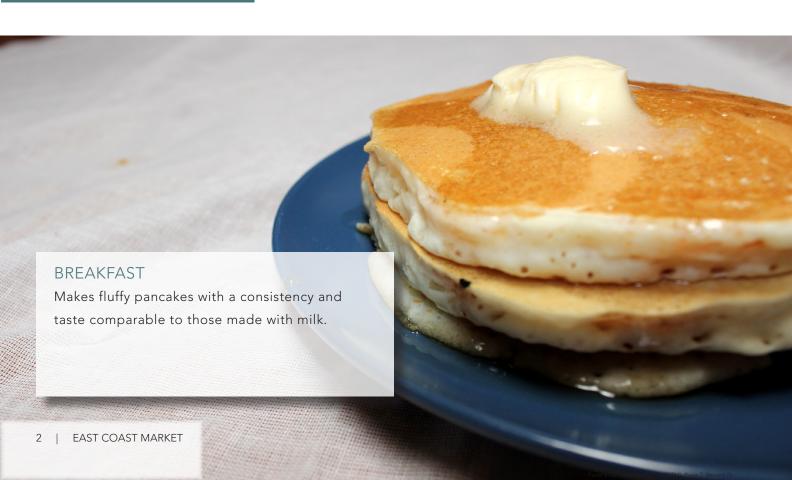
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

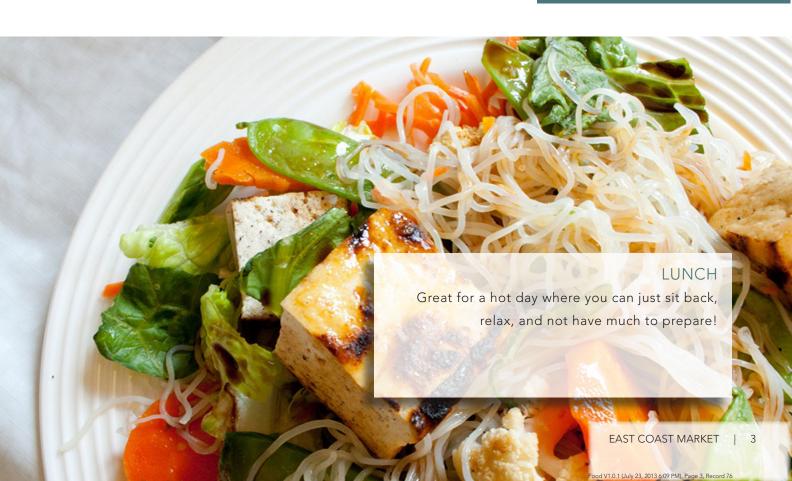
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min

TOTAL TIME $15\,\mathrm{min}$

RECIPE SERVES 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa

INSTRUCTIONS

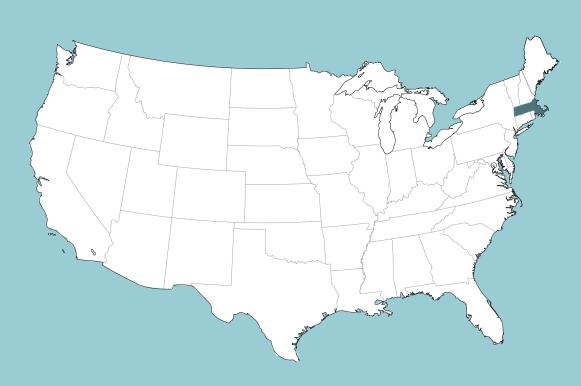
Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE WINTER!

Broccoli Cabbage Carrots Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Zena Watts P.O. Box 414 Worcester, MA 52796

والسابالسالياسالي

Hey Zena,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- ☐ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Zena Watts P.O. Box 414 Worcester, MA 52796

والسابالسالياسالي





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

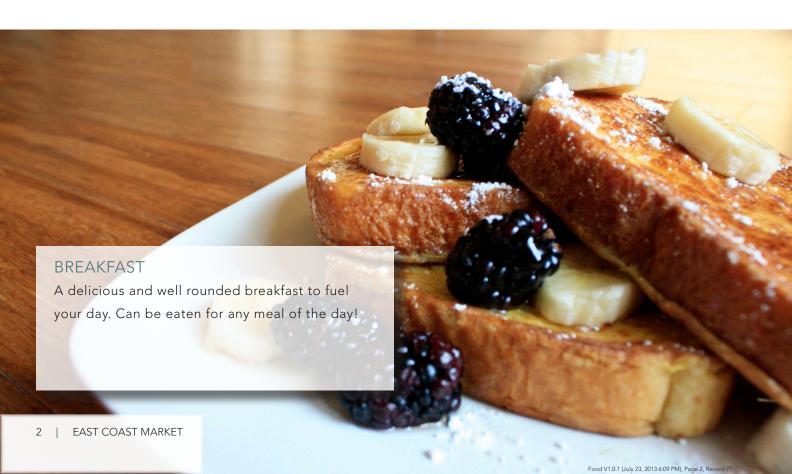
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



pasta salad

PREP 10 min TOTAL 30 min RECIPE SERVES

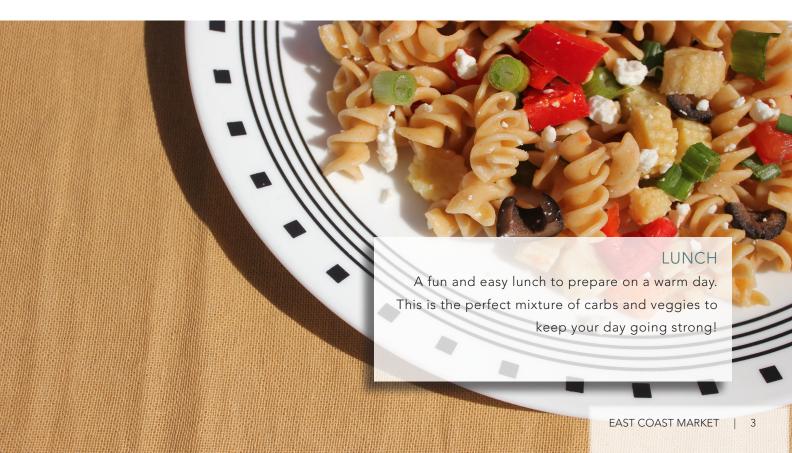
INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

Italian Dressing

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

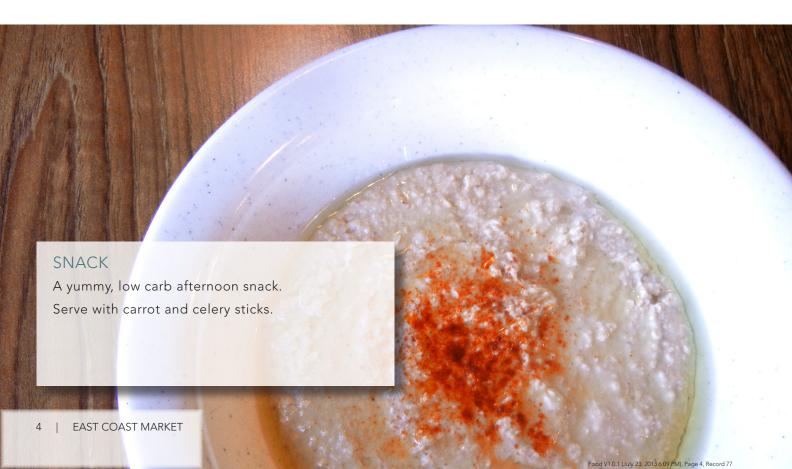
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

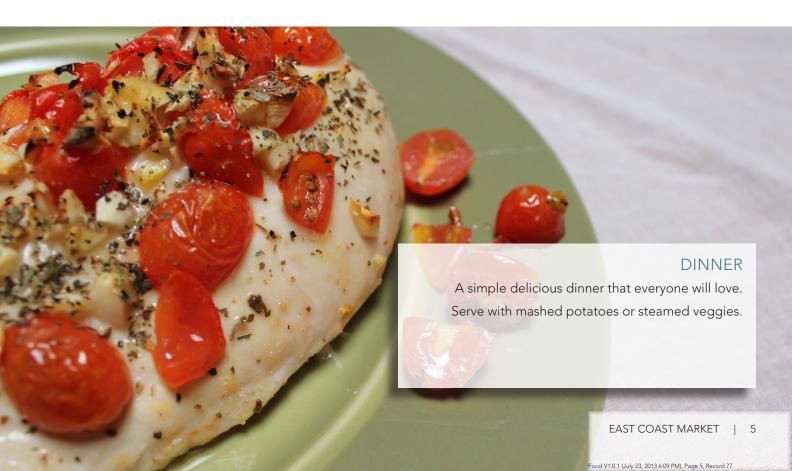
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

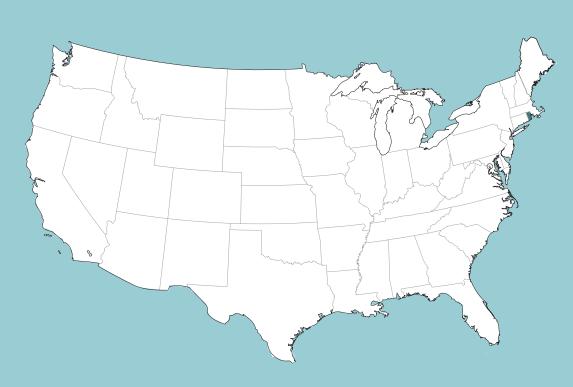
salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN RHODE ISLAND FOR THE SPRING! Collard greens Ginger Kale Lettuce

Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

13 Snowy Circle Providence, RI 02801 PAID POSTAGE

Mikayla Rocha 1623 20th Street Ap #592 Providence, RI 25916

وبالطاليسيانا الطياطات

Hey Mikayla,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-Fast Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- □ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

13 Snowy Circle Providence, RI 02801 PAID POSTAGE

Mikayla Rocha 1623 20th Street Ap #592 Providence, RI 25916





delicious gluten free pancakes

INGREDIENTS

1 cup rice flour

3 tbs tapioca flour

4 tbs dry buttermilk powder

1 packet sugar substitute

1 1/2 tsp baking powder

2 eggs

3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

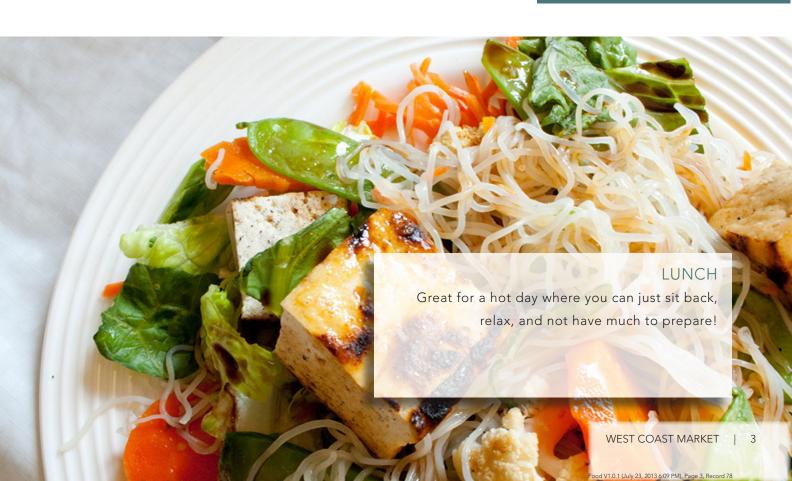
PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

- 5 cloves garlic
- 3 tbs sugar
- 1/4 cup fresh lime juice
- 1 package dried rice noodles
- 1 cucumber
- 2 carrots
- 1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

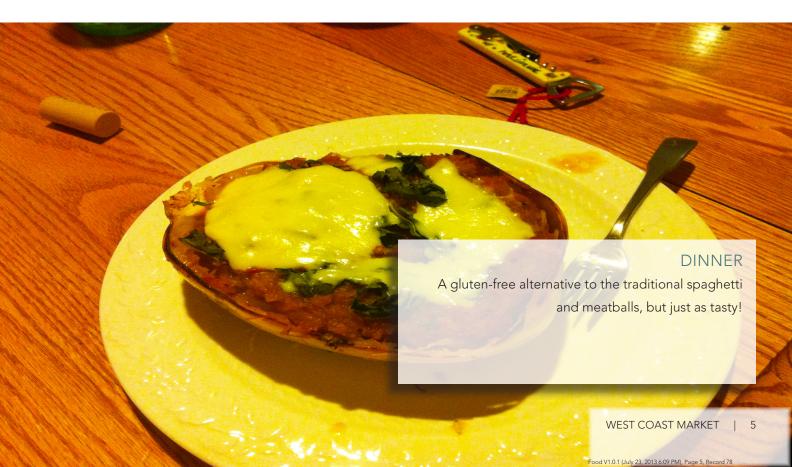
Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

INGREDIENTS

2 whole spaghetti squash olive oil salt & pepper 1-1/2 lbs meatballs 4 cups spaghetti sauce

1 cup mozzarella cheese, shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL! **Apples** Broccoli Brussel sprouts **Peppers** Pomegranates



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS





2 FOR \$1.00

















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Reuben Grimes 438 103rd St. Ap #438 San Diego, CA 34297

اسامالياليانانانانياسا

Hey Reuben,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

1 10				
1/2	zucc	h	ır	۱۱

าร

☐ 1 cup tomatoe

□ basil

☐ arugula

2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Reuben Grimes 438 103rd St. Ap #438 San Diego, CA 34297

اساماناليانيانياساسا





spinach and cheese omelet

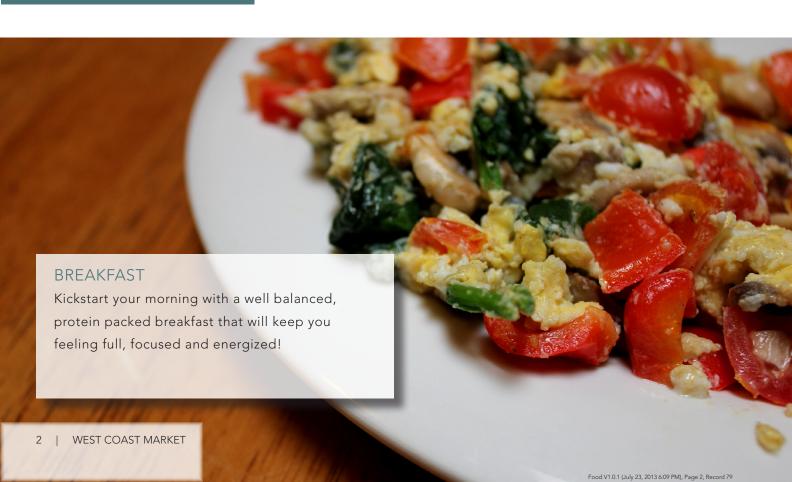
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



chicken tortilla soup

PREP TIME **O** r

INSTRUCTIONS

TOTA TIME 15

min

RECIPE 4

INGREDIENTS

1 can black beans, drained

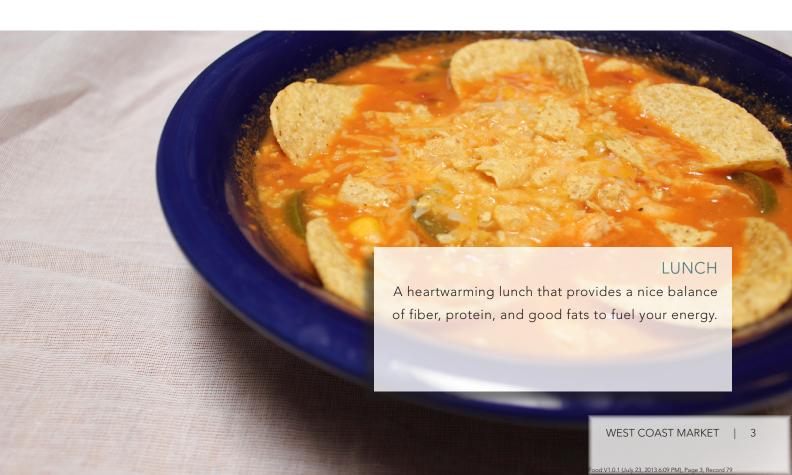
1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa avocado

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.



berry smoothie parfait

INGREDIENTS

1 cup frozen berries

1 cup skim milk

3 tbs greek yogurt

1 tbs chia seeds

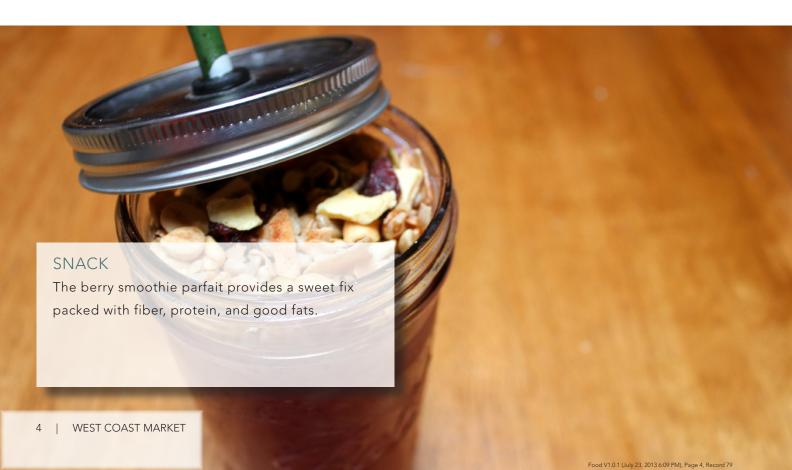
2 bananas

1 cup granola

PREP TIME $10_{
m min}$ Total $10_{
m min}$ recipe $2_{
m Serves}$

INSTRUCTIONS

Toss frozen berries, milk, greek yogurt, chia seeds and 1 banana in a blender. Pulse until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE SERVES 4

INSTRUCTIONS

Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.

INGREDIENTS

2 tbs olive oil

4 salmon fillets

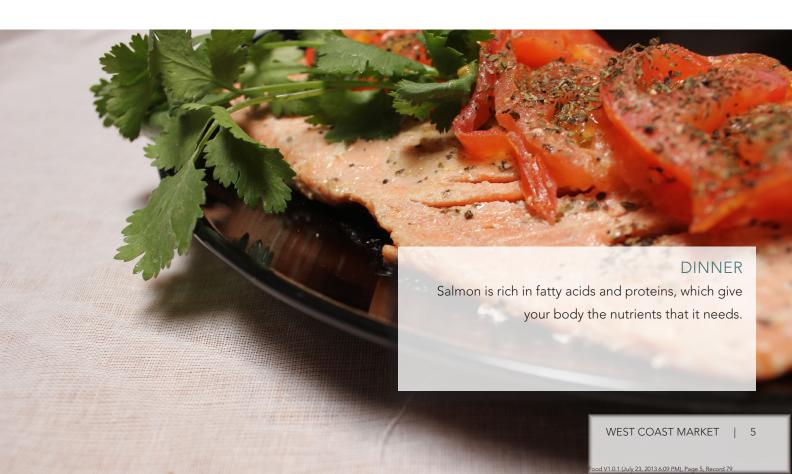
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

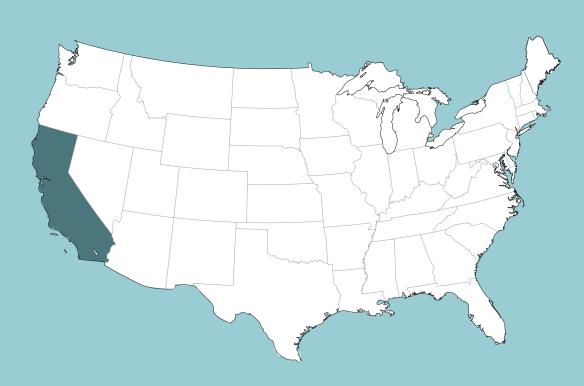
1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL! **Apples** Broccoli Brussel sprouts **Peppers** Pomegranates



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Shellie Fulton P.O. Box 567 San Diego, CA 43271

السلسالياسالساسار

Hey Shellie,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	991	olant	
---	------	-----	-------	--

_					
	1/2	zucc	h	ir	٠i
\square	1/2	Zucc	ш	ш	Ш

☐ 1 cup mushrooms

☐ 1 cup tomatoes

□ basil

☐ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Shellie Fulton P.O. Box 567 San Diego, CA 43271

السلسالياسالساسار





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

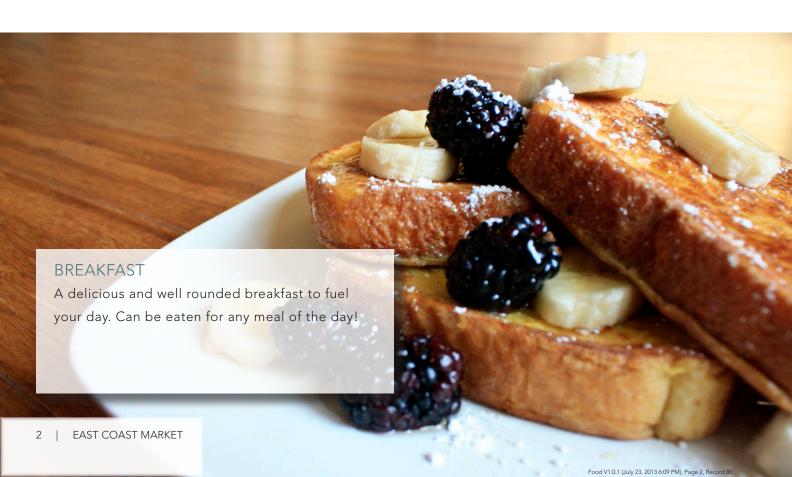
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



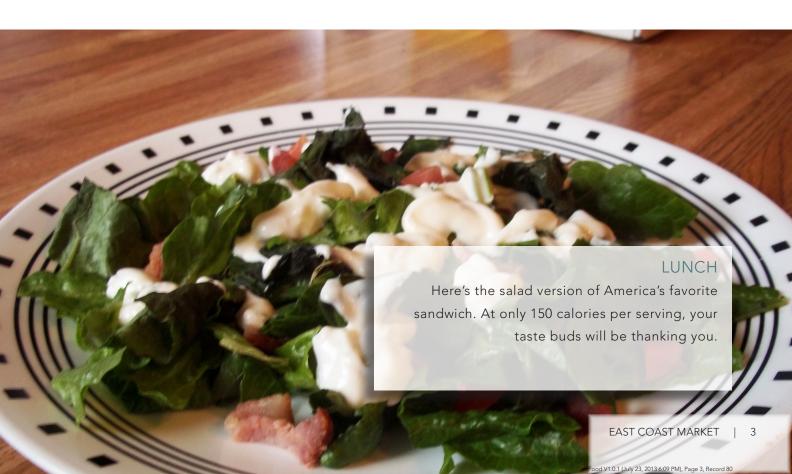
blt salad

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

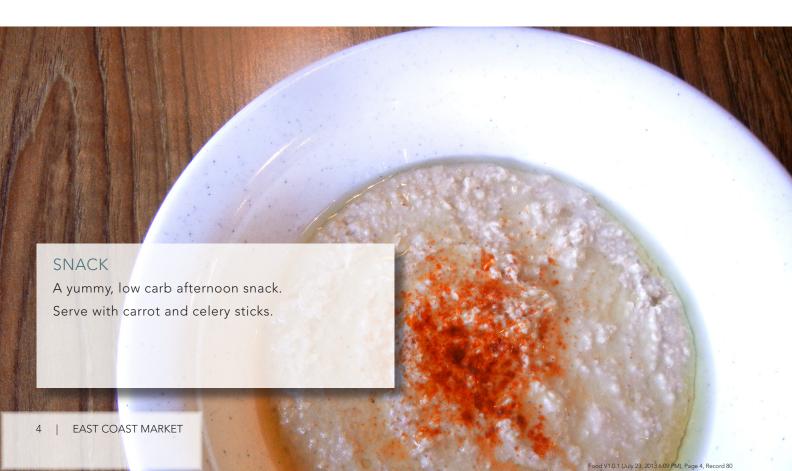
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

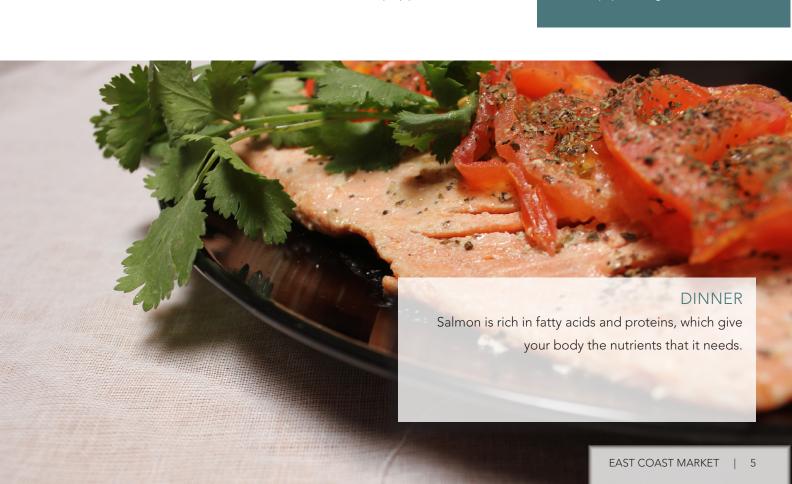
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MARYLAND FOR THE SUMMER!

Blackberries Cantaloupe Eggplant Tomatoes Watermelon



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Ora Oneil P.O. Box 664 Baltimore, MD 52261

المسالليا بالماما بالمسايا

Hey Ora,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

ns

☐ 1 cup	tomatoes
---------	----------

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Ora Oneil P.O. Box 664 Baltimore, MD 52261

المساليا الطياسانات





protein power bowl

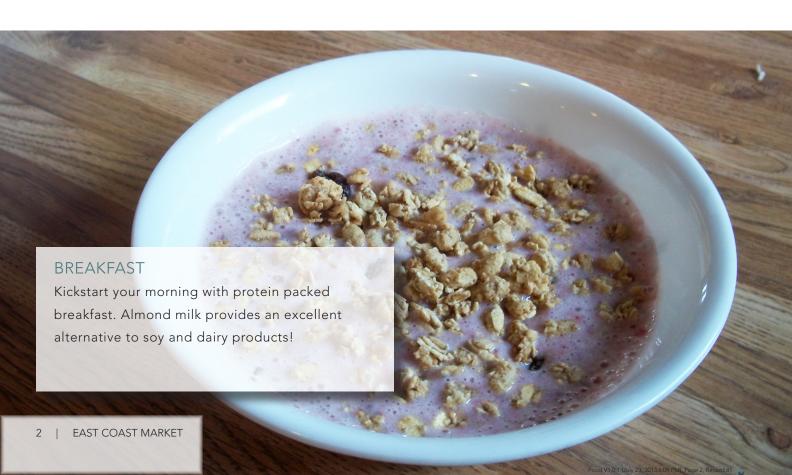
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

PREP 10 min

TOTAL TIME

 \bigcup m

RECIPE 2

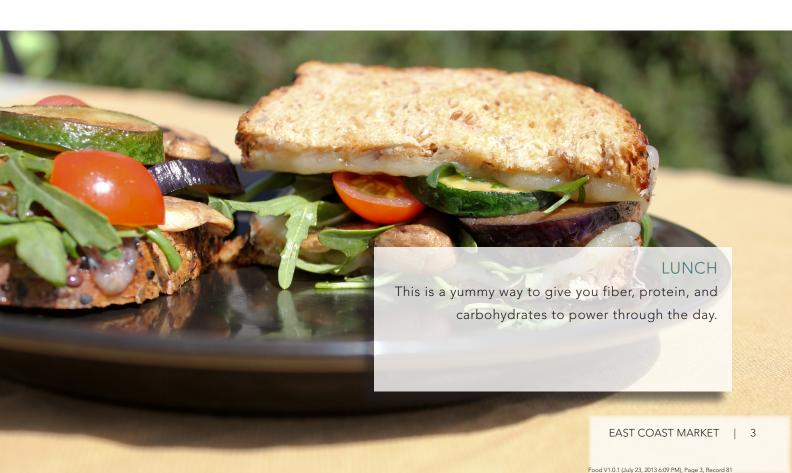
INSTRUCTIONS

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

INGREDIENTS

1/2 eggplant1/2 zucchini1 cup mushrooms1 cup tomatoesbasil & arugula

2 tbs balsamic vinegar Baguette slices



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

TOTAL TIME

-20 min

RECIPE SERVES 4

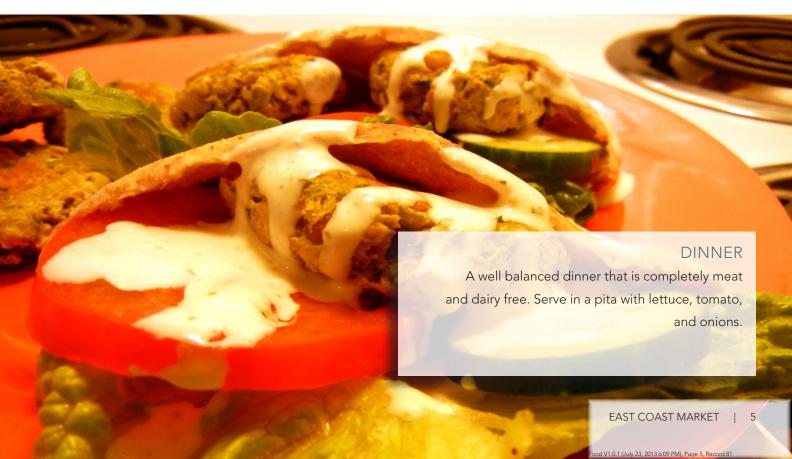
INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil

INSTRUCTIONS

Drizzle olive oil in baking dish. Preheat oven to 350.

Mash chickpeas. Add onions and garlic and blend. Add remaining ingredients to make a thick paste-like consistency. Shape into balls and place in baking dish. Bake for 15-20 minutes.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW HAMPSHIRE FOR THE SPRING! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Fiona Williams 584 Seaview Ave Concord, NH 55790

وبالماطلسالليا الماطلي

Hey Fiona,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

_					
	1/2	zucc	h	ir	٠i
\square	1/2	Zucc	П	ш	Ш

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Apple St Amherst, NH 03601 PAID POSTAGE

Fiona Williams 584 Seaview Ave Concord, NH 55790

وبالماليالسالياناتانات





protein power bowl

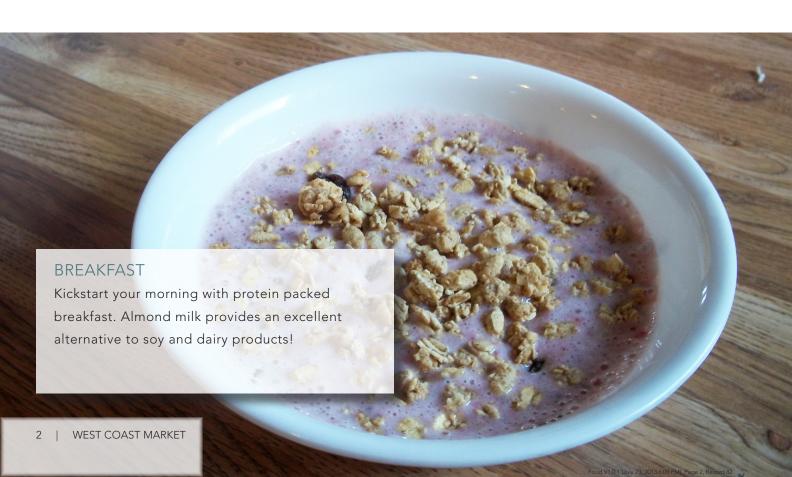
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



edamame energy bowl

PREP 35 min

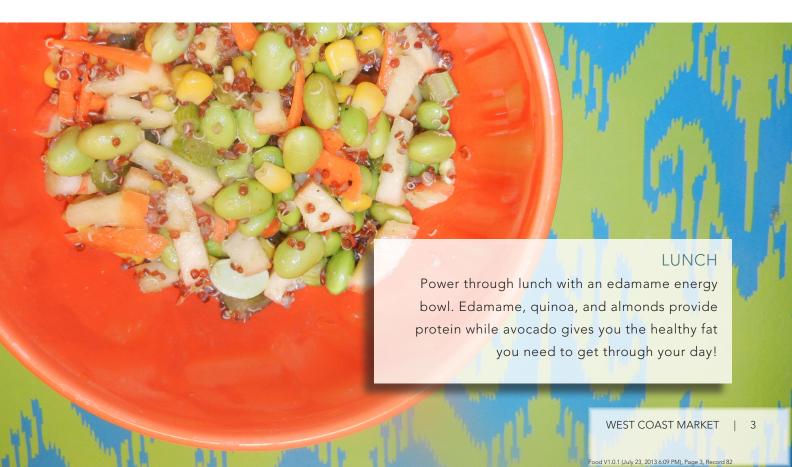
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



peanut butter banana wrap

INGREDIENTS

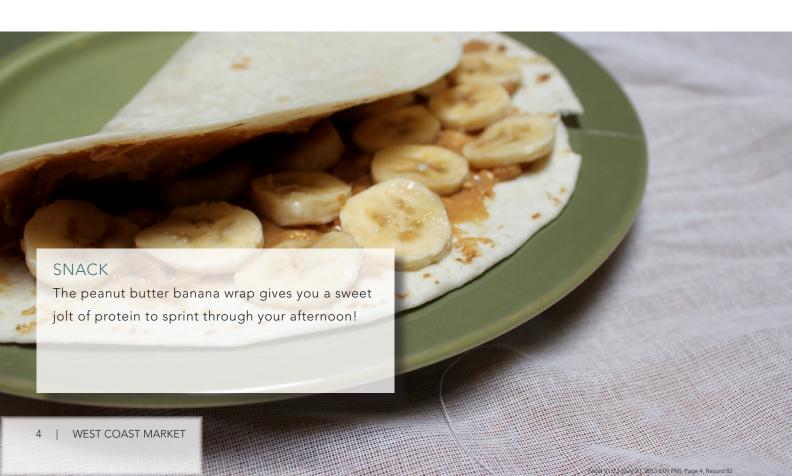
1 package flattened bananas 2-3 tbs peanut butter

PREP TIME

TOTAL RECIPE 4

INSTRUCTIONS

Lay out strips of flattened banana. Spread a layer of peanut butter on each strip and roll into a wonderful wrap snack.



smoky corn and black bean pizza

PREP 30 min

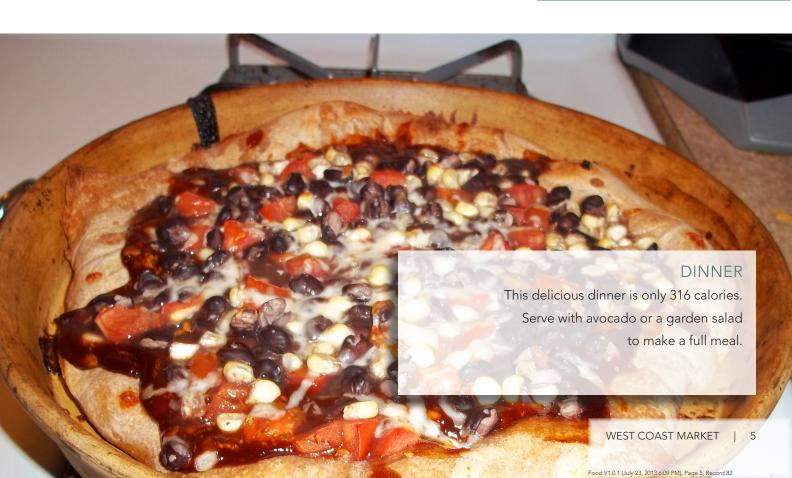
TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

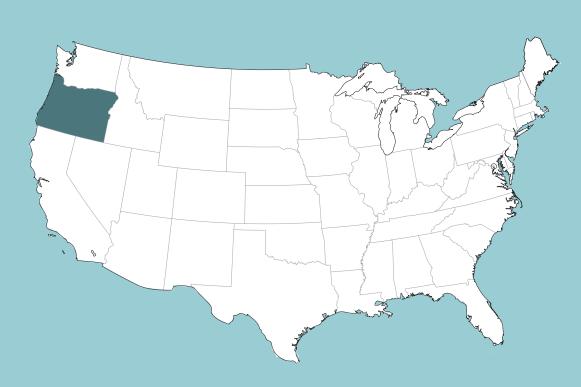
INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN OREGON FOR THE FALL! **Apples** Cabbage Cauliflower **Pumpkins** Walnuts



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast
organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



444 Cloudy St. Portland, OR 97034 PAID POSTAGE

Justin Rice P.O. Box 459 Gresham, OR 35622

البامليانيينالينالياناليا

Hey Justin,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

	1/2	eggp	ant
--	-----	------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

☐ 1 cup mushrooms

☐ 1 cup tomatoes

□ basil

☐ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

444 Cloudy St. Portland, OR 97034

PAID POSTAGE

Justin Rice P.O. Box 459 Gresham, OR 35622

البانياناسيالسالياساليا





protein power bowl

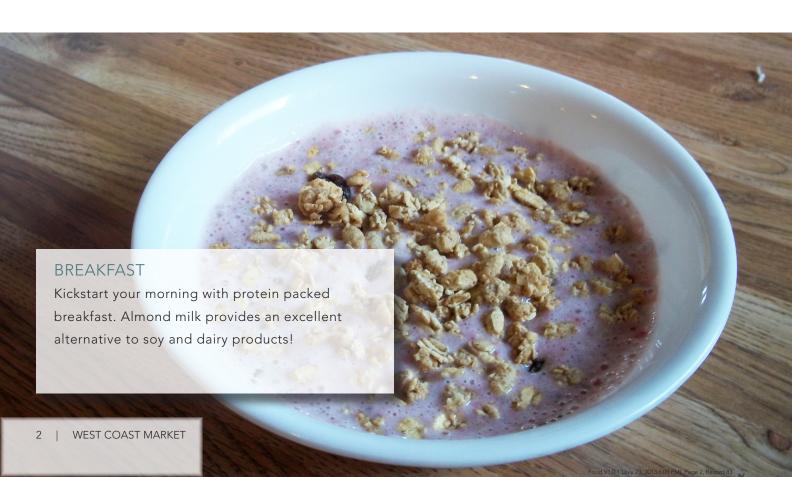
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

 $\underset{\text{TIME}}{\text{PREP}}~10~\text{min}$

RECIPE SERVES 2

INSTRUCTIONS

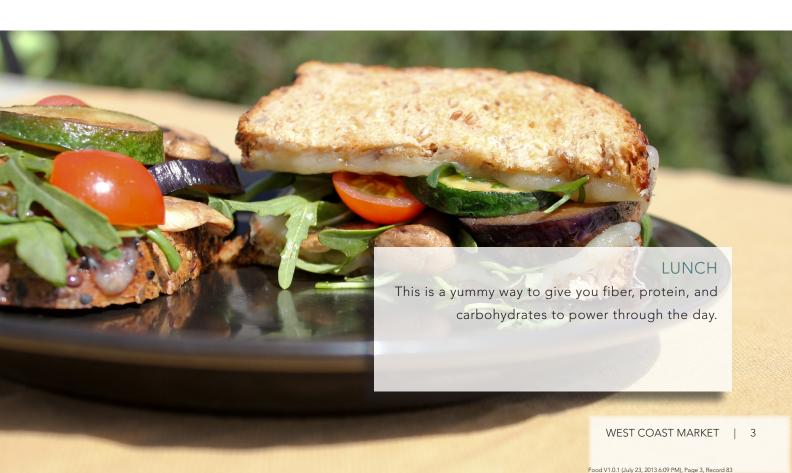
Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

INGREDIENTS

1/2 eggplant 1/2 zucchini 1 cup mushrooms 1 cup tomatoes basil & arugula

2 tbs balsamic vinegar

Baguette slices



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

TOTAL TIME

 $^{\scriptscriptstyle \perp}~20$ min

RECIPE SERVES

INGREDIENTS

1 can chickpeas

1 small onion

2 cloves of garlic

2 tbs flour

1 tsp cumin

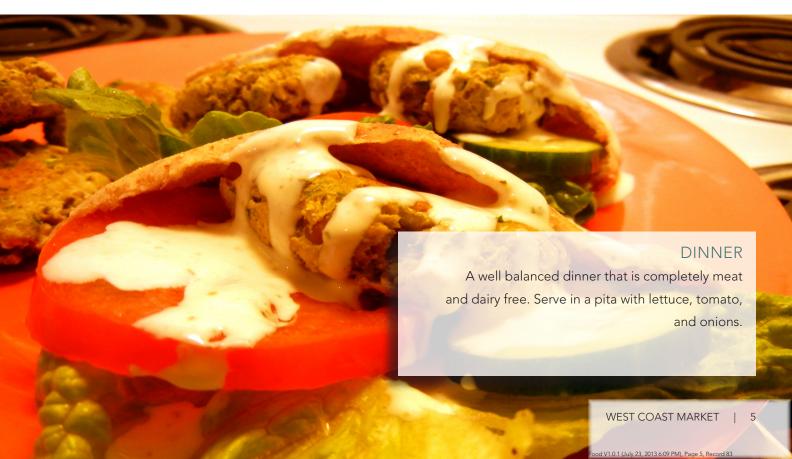
1 tsp baking powder

2 tablespoons olive oil

INSTRUCTIONS

Drizzle olive oil in baking dish. Preheat oven to 350.

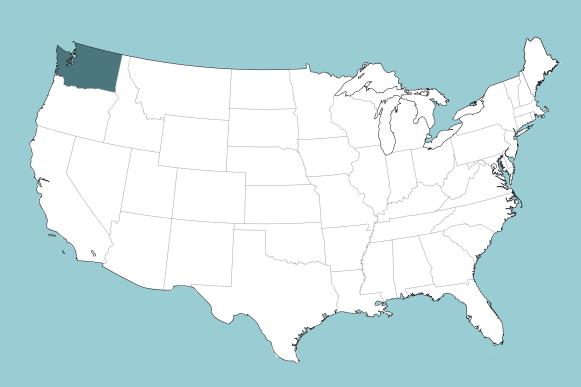
Mash chickpeas. Add onions and garlic and blend. Add remaining ingredients to make a thick paste-like consistency. Shape into balls and place in baking dish. Bake for 15-20 minutes.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN WASHINGTON FOR THE SUMMER!

Blackberries Cherries Radishes Strawberries Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



232 State St. Seattle, WA 98101 PAID POSTAGE

Brandon Rogers P.O. Box 498 Vancouver, WA 81769

Industillantillation

Hey Brandon,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	991	olant	
---	------	-----	-------	--

_			
	1/2	zuccl	nin
	1/2	Zucci	

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Brandon Rogers P.O. Box 498 Vancouver, WA 81769

والماليال المسالل والمسالل





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$ SERVES $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

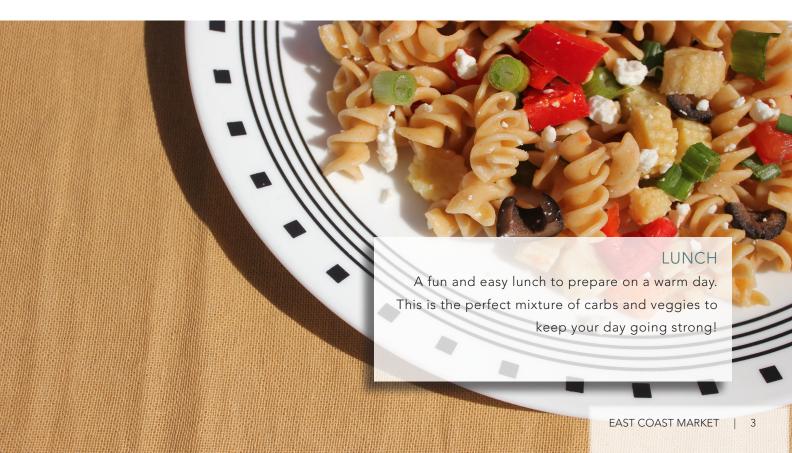
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

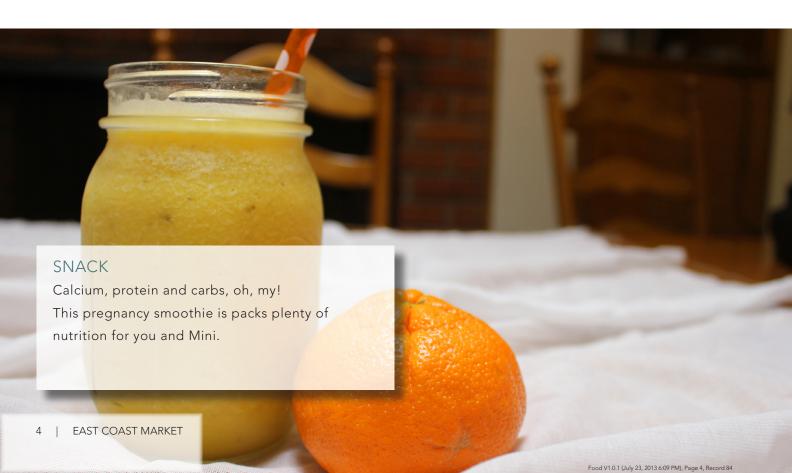
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

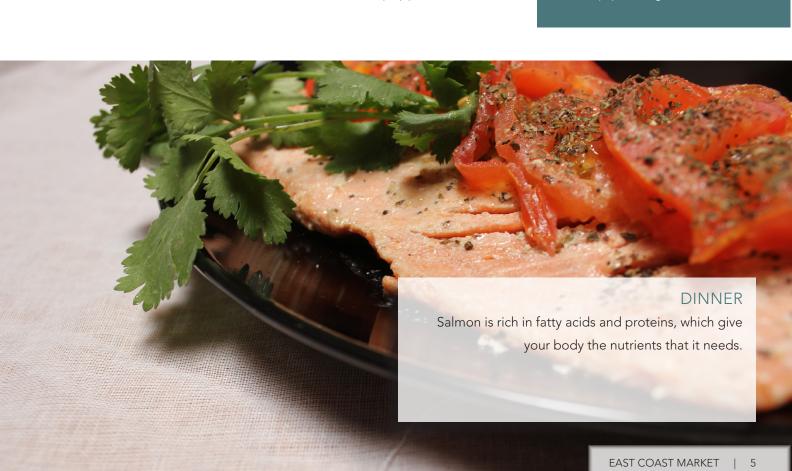
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW JERSEY FOR THE SUMMER!

Broccoli Corn Eggplant **Nectarines** Peaches



ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Vielka Byers 6008 14th Street Edison, NJ 14507

اساليا الطيابات الباليات

Hey Vielka,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hroo	ms
--	---	-----	-----	------	----

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Vielka Byers 6008 14th Street Edison, NJ 14507

اسالياباباباباساباباس





spinach and cheese omelet

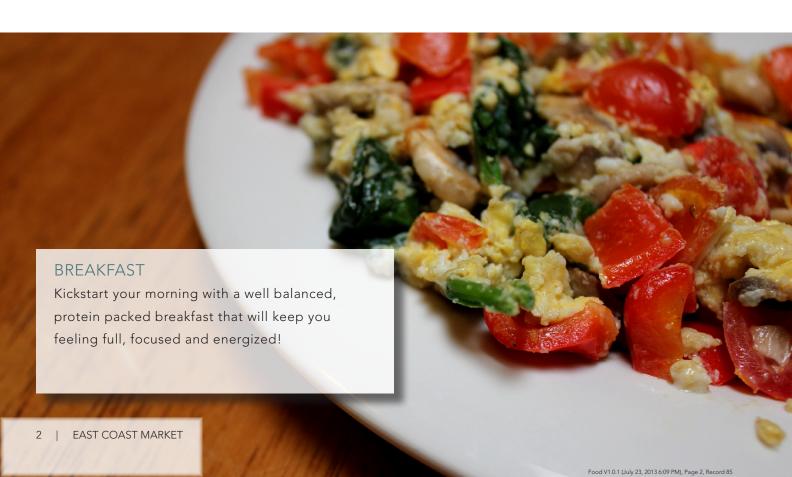
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



edamame energy bowl

PREP 35 min

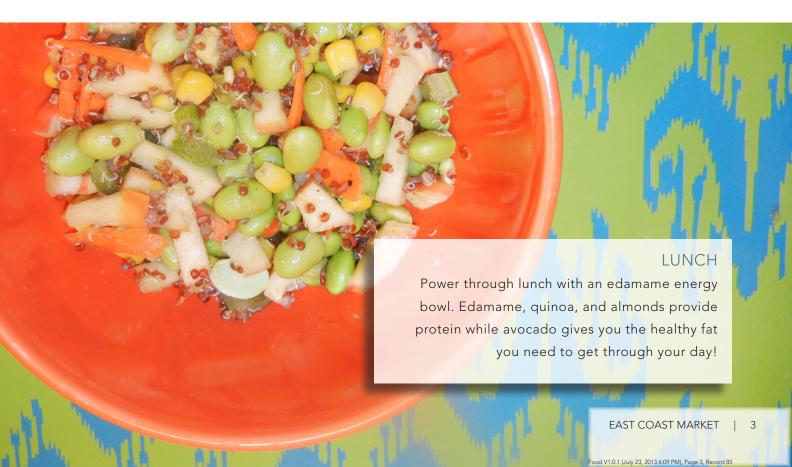
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

1/2 tsp salt

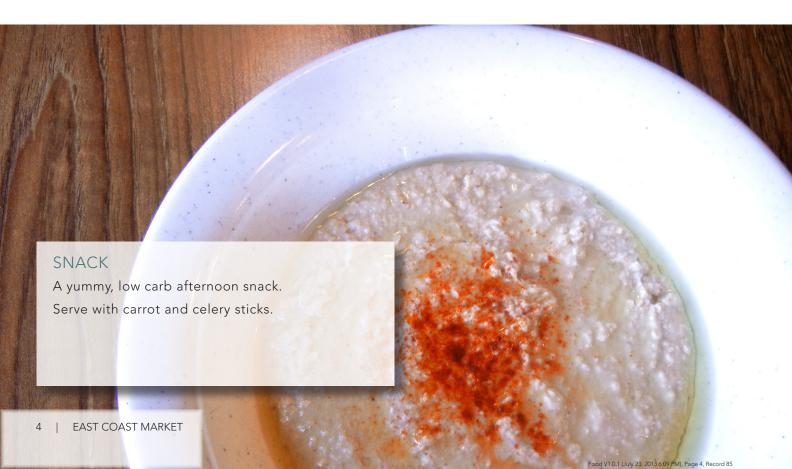
2 tbs olive oil

PREP TIME

 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



garlic and tomato baked chicken

PREP $05\,\mathrm{min}$ TOTAL $60\,\mathrm{min}$ RECIPE $4\,\mathrm{min}$ SERVES $4\,\mathrm{min}$

INSTRUCTIONS

Preheat the oven to 325°. Place chicken in dish. Sprinkle halved cherry tomatoes and chopped garlic around chicken. Sprinkle with salt and pepper. Drizzle with olive oil. Bake for 45-60 minutes. If browning occurs too much, cover with foil to prevent burning.

INGREDIENTS

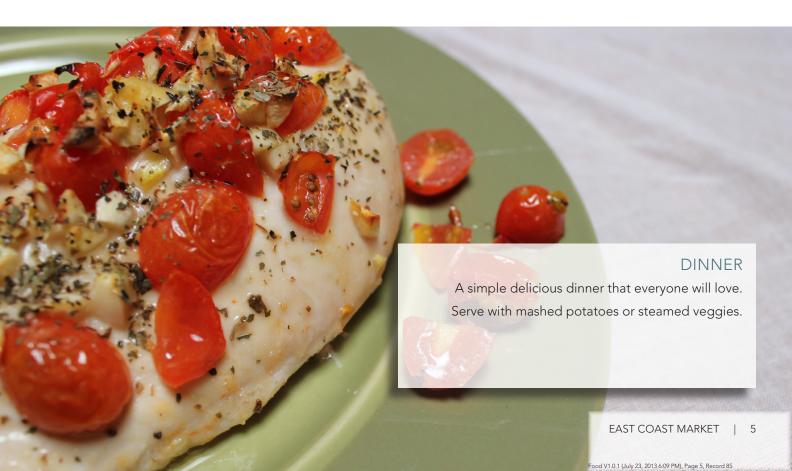
1 1/2 lb chicken

1 cup cherry tomatoes

4 cloves of garlic, chopped

olive oil

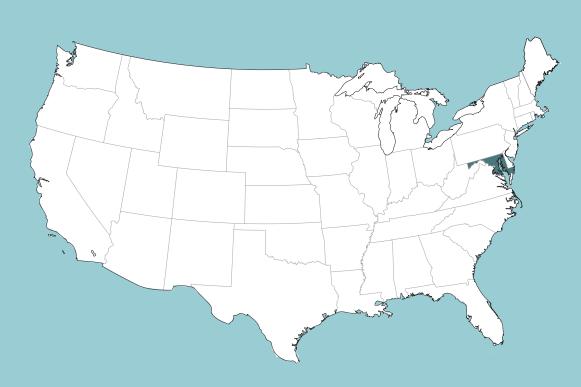
salt & pepper





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MARYLAND FOR THE WINTER!

Sweet potatoes Maple syrup



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Rigel Norton 8699 Ferry Street Rockville, MD 53116

والطابطالسالساليات

Hey Rigel,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

	eggp	lant
--	------	------

	4 10				
Ш	1/2	zucc	h	ır	١I

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Rigel Norton 8699 Ferry Street Rockville, MD 53116

والبالسالسيالساليات





spinach and cheese omelet

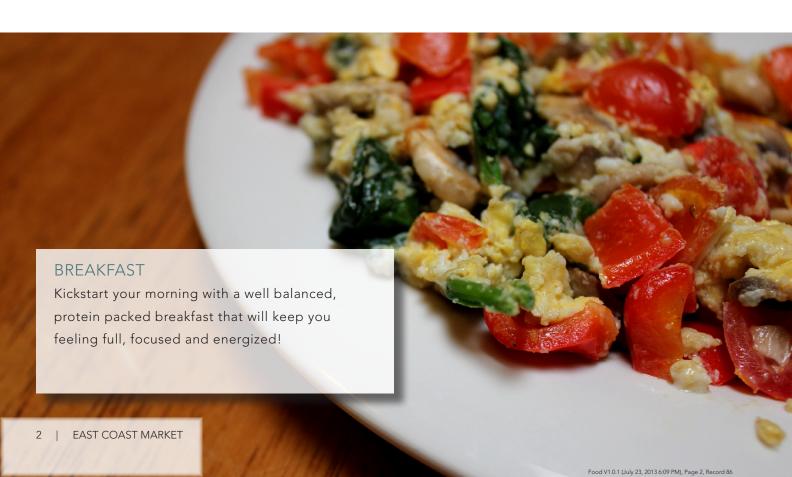
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



chicken tortilla soup

PREP TIME 0

T

15

min

RECIPE 4

INGREDIENTS

1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa avocado

INSTRUCTIONS Add all ingredients

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.



berry smoothie parfait

INGREDIENTS

1 cup frozen berries

1 cup skim milk

3 tbs greek yogurt

1 tbs chia seeds

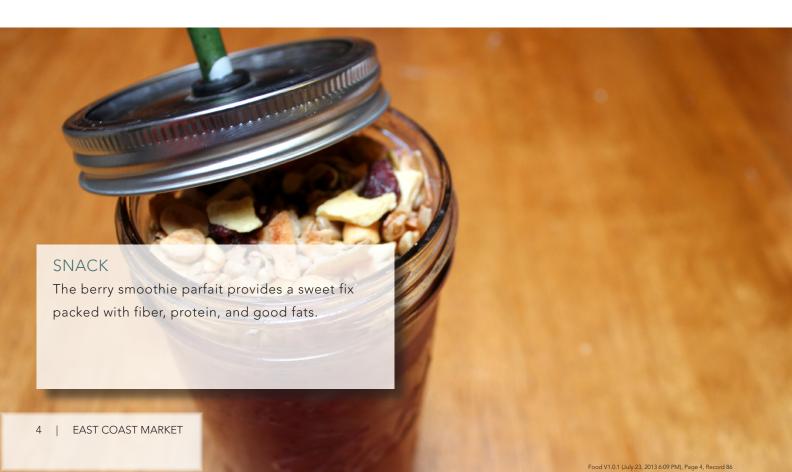
2 bananas

1 cup granola

PREP TIME $10_{
m min}$ Total $10_{
m min}$ recipe $2_{
m Serves}$

INSTRUCTIONS

Toss frozen berries, milk, greek yogurt, chia seeds and 1 banana in a blender. Pulse until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

1 orange

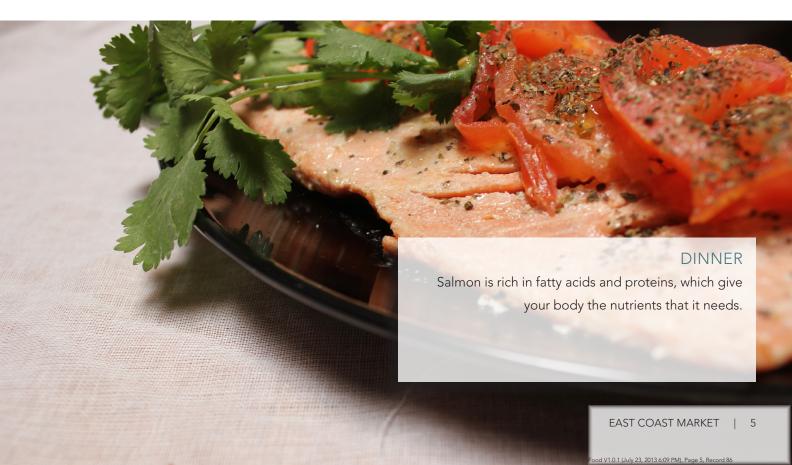
2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

INSTRUCTIONS

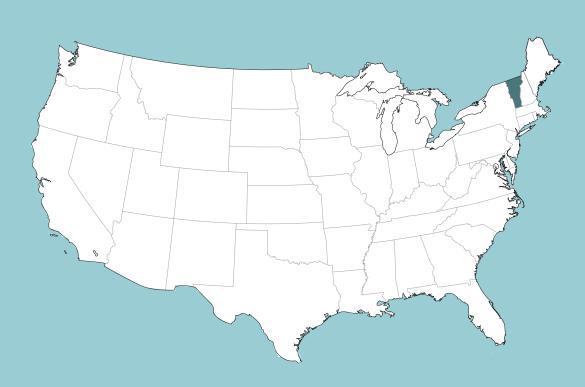
Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VERMONT FOR THE SUMMER!

Cantaloupe Blueberries Cucumbers **Peppers** Melons



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Veda Sears P.O. Box 346 Burlington, VT 13513

بالمالمياناتيالماليالي

Hey Veda,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- □ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Veda Sears P.O. Box 346 Burlington, VT 13513

بالمالمينالمالماليالي





delicious dairy free pancakes

INGREDIENTS

1 cup all-purpose flour

3 tbs sugar

2 tsp baking powder

1/2 tsp salt

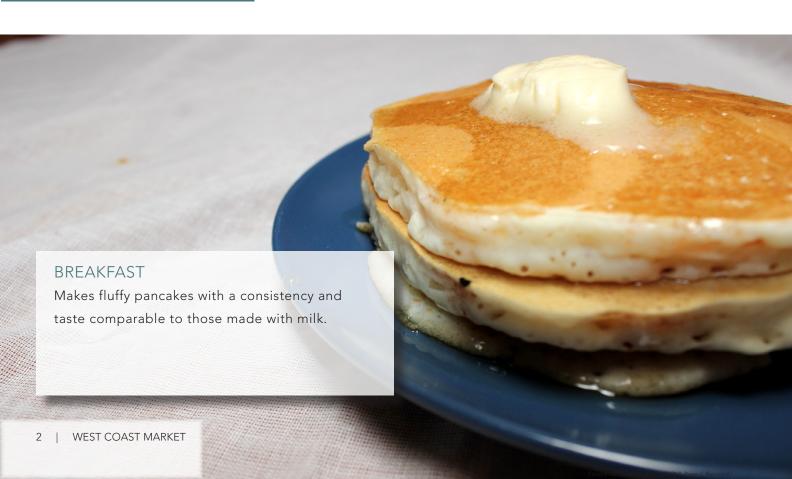
1 cup almond milk

1 large egg

PREP 10 min TOTAL 20 min RECIPE 4

INSTRUCTIONS

Sift together the flour, sugar, baking powder and salt. Whisk together the almond milk, and egg until well combined. Add to the dry ingredients and mix until just combined. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

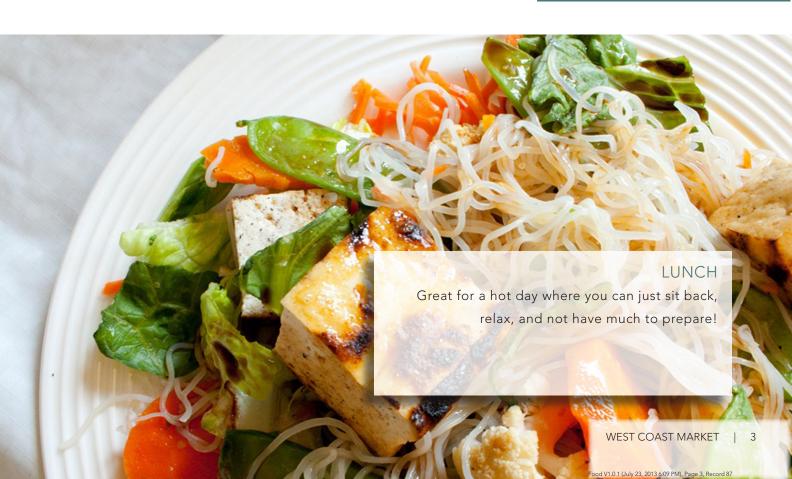
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



chicken tortilla soup

PREP TIME min

TOTAL TIME $15\,\mathrm{min}$

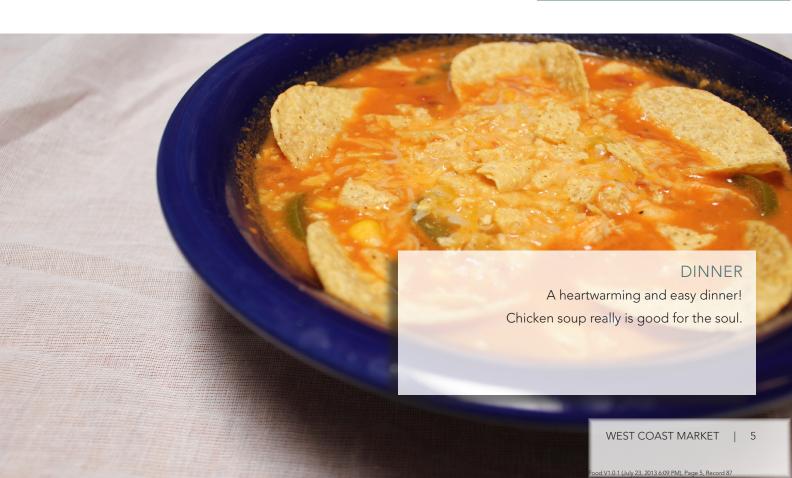
RECIPE 4

INSTRUCTIONS

Add all ingredients to a large pot. Bring to a boil and then simmer for 15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar cheese, sour cream and/or fresh avocado slices, if desired.

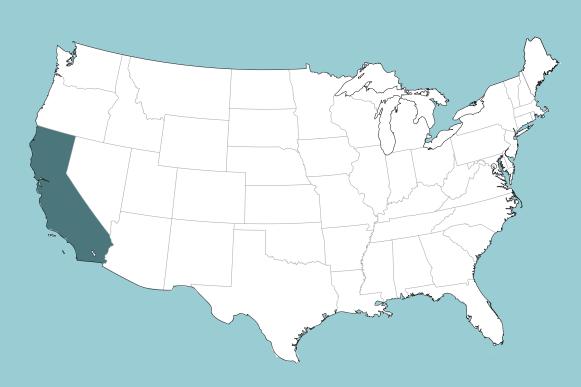
INGREDIENTS

- 1 can black beans, drained
- 1 can corn, drained
- 1 can chunk chicken
- 1 carton chicken broth
- 1 jar double roasted salsa





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN CALIFORNIA FOR THE FALL! **Apples** Broccoli Brussel sprouts **Peppers** Pomegranates



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Nadine Santos P.O. Box 291 San Francisco, CA 31865

باباساليناساللسابان

Hey Nadine,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.





west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

□ 1/2	zucchin
-------	---------

\neg 1	cup	musl	hrooms

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

226 Apple St. Los Angeles, CA 90210 PAID POSTAGE

Nadine Santos P.O. Box 291 San Francisco, CA 31865

باباسالانانالانسالة





spinach and cheese omelet

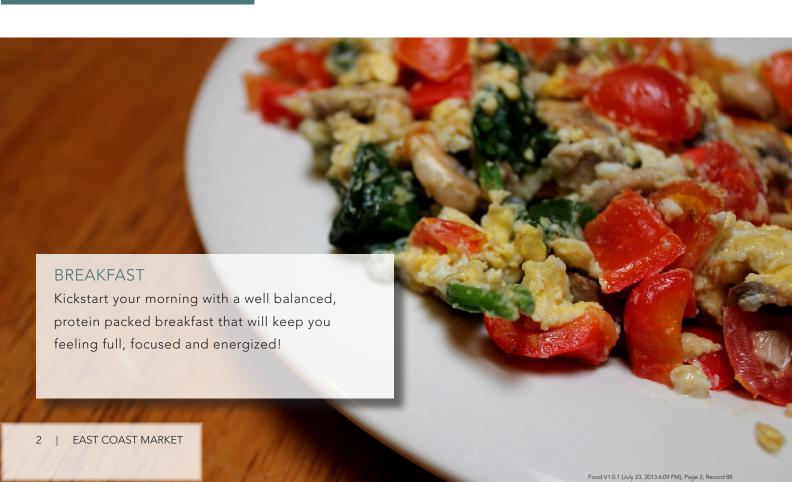
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



chicken tortilla soup

PREP TIME \bigcirc m

INSTRUCTIONS

15

Add all ingredients to a large pot. Bring to a boil and then simmer for

cheese, sour cream and/or fresh avocado slices, if desired.

15 minutes. Serve in soup bowls with a dollop of tortilla chips, cheddar

min

RECIPE 4

INGREDIENTS

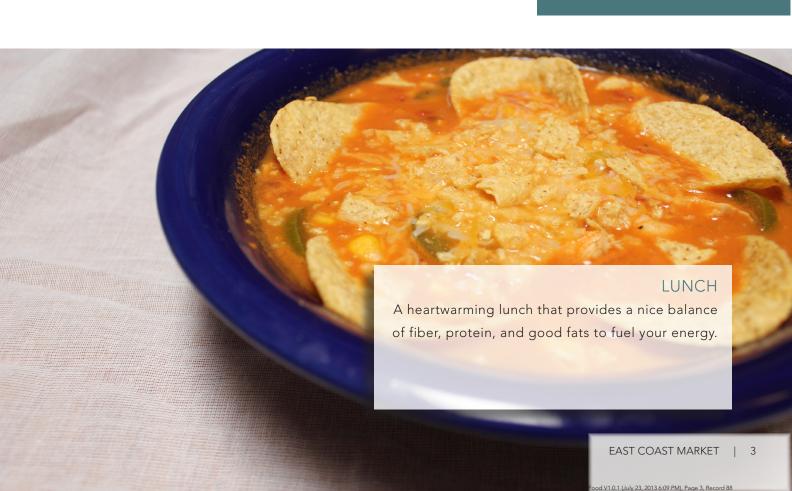
1 can black beans, drained

1 can corn, drained

1 can chunk chicken

1 carton chicken broth

1 jar double roasted salsa avocado



berry smoothie parfait

INGREDIENTS

1 cup frozen berries

1 cup skim milk

3 tbs greek yogurt

1 tbs chia seeds

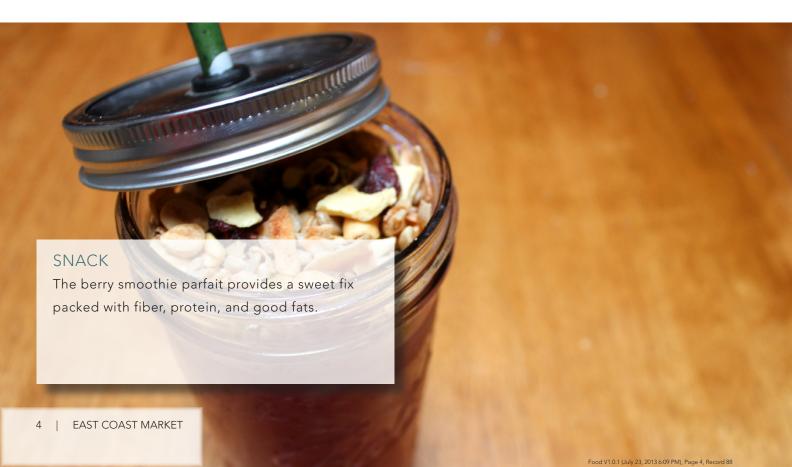
2 bananas

1 cup granola

PREP TIME $10_{
m min}$ Total $10_{
m min}$ recipe $2_{
m Serves}$

INSTRUCTIONS

Toss frozen berries, milk, greek yogurt, chia seeds and 1 banana in a blender. Pulse until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

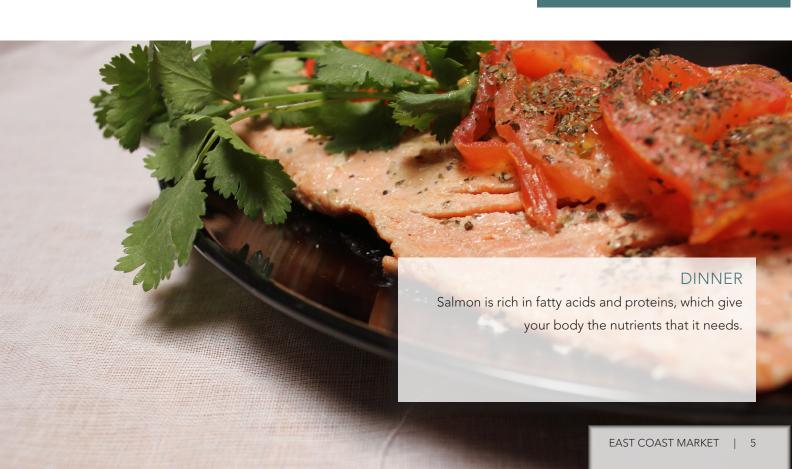
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

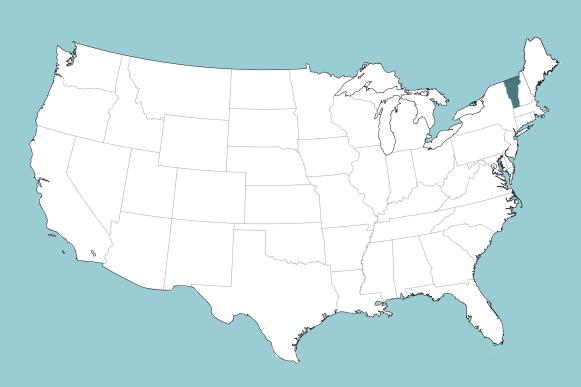
1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VERMONT FOR THE WINTER! Cranberries Lettuce Winter squash



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Karleigh Richardson P.O. Box 950 Colchester, VT 7488

landaladladalada

Hey Karleigh,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 6	egg	p	ar	nt
---	------	-----	---	----	----

4 10					
1/2	zu	CC	h	Ir	٦I

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

☐ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Maple Way Burlington, VT 05401 PAID POSTAGE

Karleigh Richardson P.O. Box 950 Colchester, VT 7488

landaladladadada





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

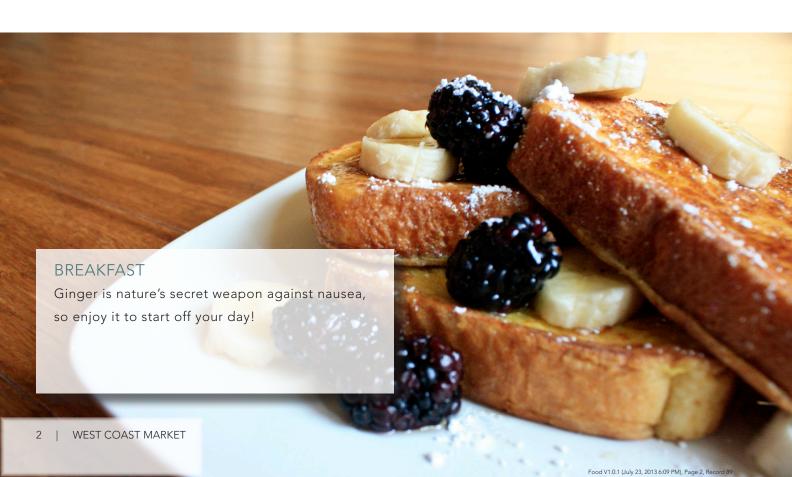
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

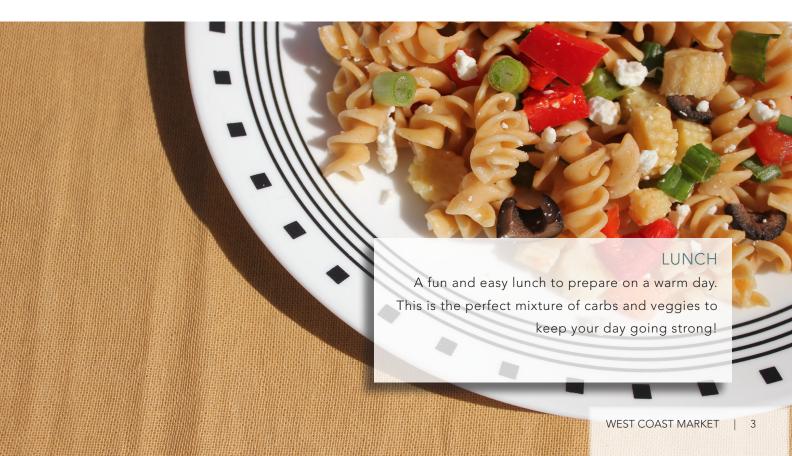
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

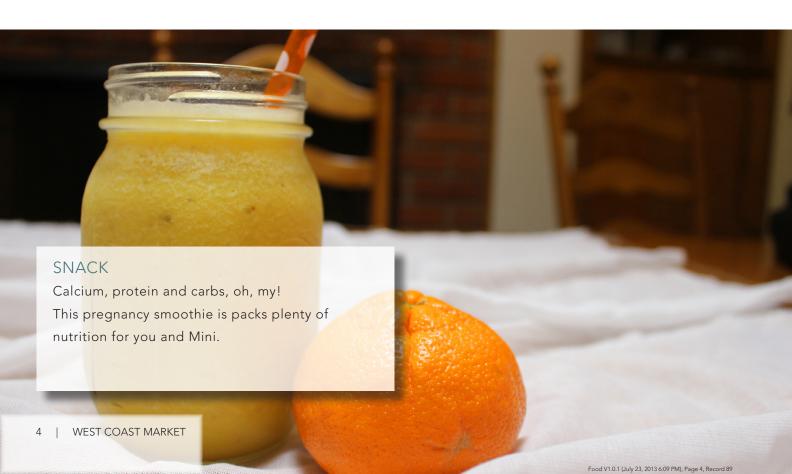
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME $5 \min$

TOTAL TIME

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

kosher salt and black pepper

1 orange

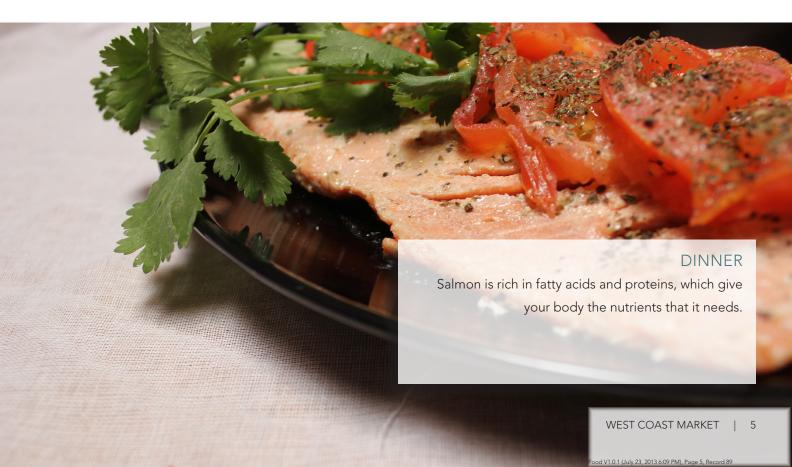
2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives

INSTRUCTIONS

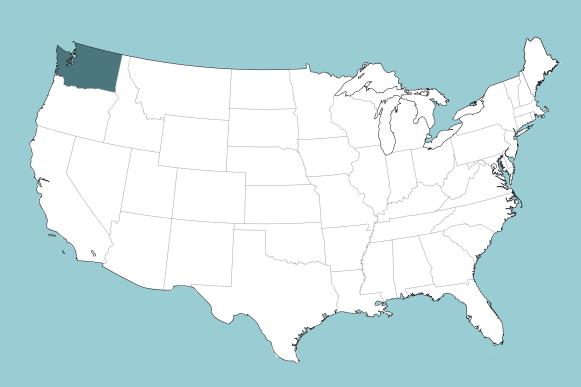
Heat the oil in a large skillet. Season the salmon with salt and pepper. Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the orange into segments. In a large bowl, combine the segments with the tomatoes, cilantro, olives, remaining oil, salt, and pepper.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN WASHINGTON FOR THE SUMMER!

Blackberries Cherries Radishes Strawberries Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Ifeoma Orr 2444 Rutland St. Seattle, WA 84002

Inhahallladhaadd

Hey Ifeoma,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

☐ 1 cup mushrooms

 \Box 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

232 State St. Seattle, WA 98101 PAID POSTAGE

Ifeoma Orr 2444 Rutland St. Seattle, WA 84002

الماساليساليساليا





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

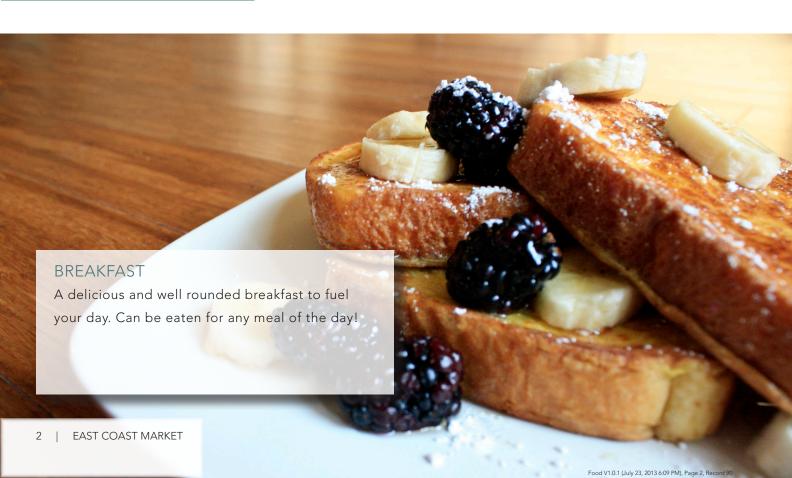
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



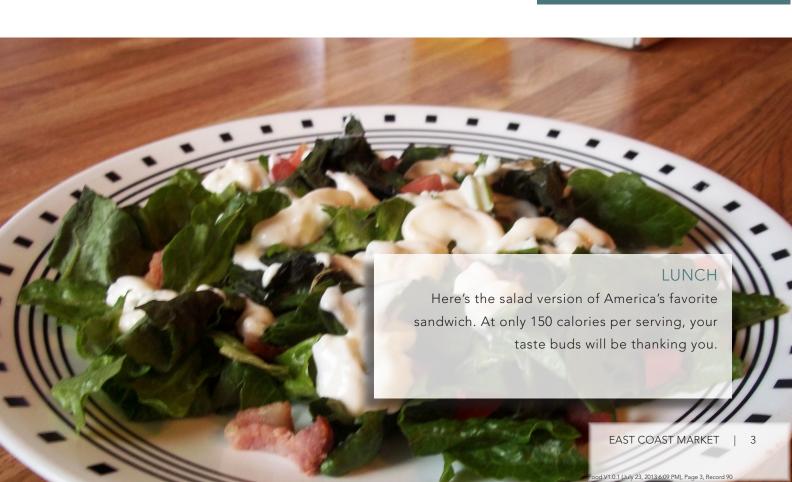
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

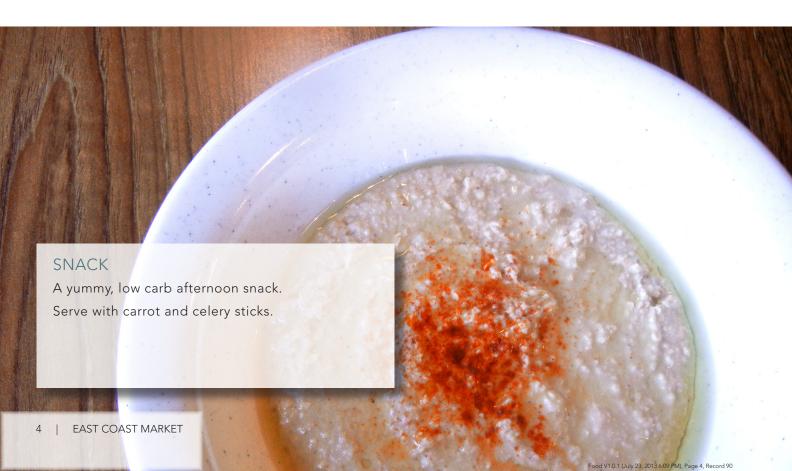
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

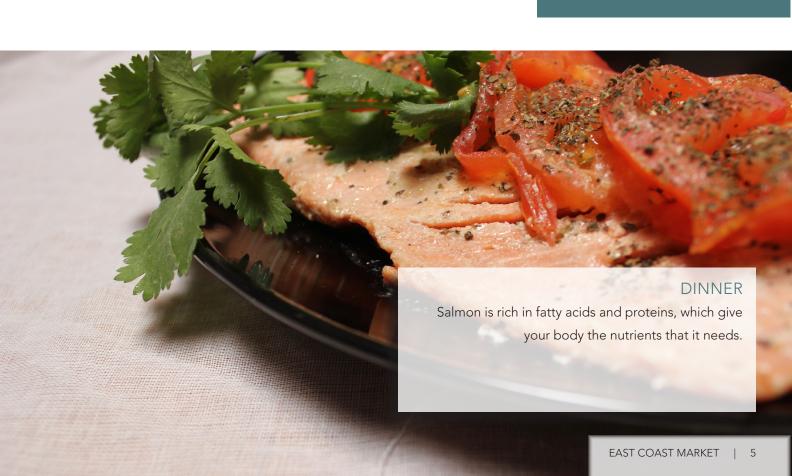
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MAINE FOR THE SPRING! Artichokes Asparagus Rhubarb Cherries Peas



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Buffy Collier 9306 98th St. Auburn, ME 73749

والماليانيانالياليالياليا

Hey Buffy,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

1/2	zucchin
-----	---------

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Buffy Collier 9306 98th St. Auburn, ME 73749

landadlalandaladlala





delicious gluten free pancakes

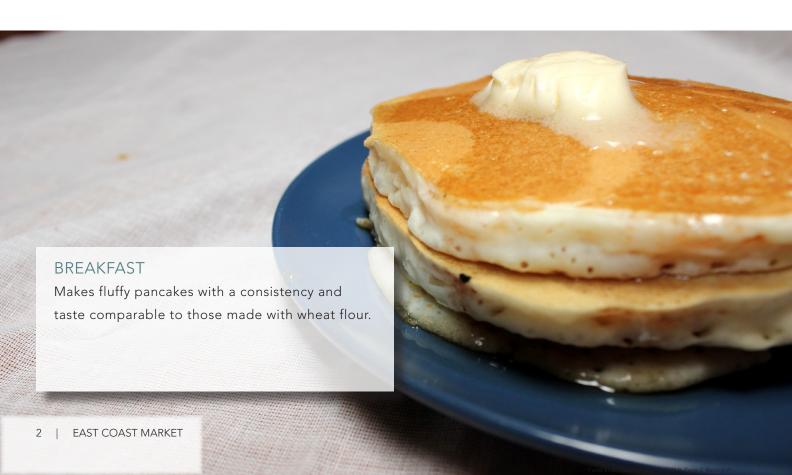
INGREDIENTS

- 1 cup rice flour
- 3 tbs tapioca flour
- 4 tbs dry buttermilk powder
- 1 packet sugar substitute
- 1 1/2 tsp baking powder
- 2 eggs
- 3 tbs canola oil

PREP 10^{min} TOTAL 20^{min} RECIPE 4^{RECIPE}

INSTRUCTIONS

In a bowl, sift together the rice flour, tapioca flour, dry buttermilk powder, sugar substitute, and baking powder. Stir in eggs, water, and oil until. Cook pancakes.



vietnamese rice noodle salad

PREP $15\,$ min TOTAL $15\,$ min RECIPE SERVES $4\,$

INSTRUCTIONS

Mince the garlic, add the lime juice. Let the sauce sit for 5 minutes. Cook rice noodles. Combine the sauce, noodles, carrots, cucumber, and mint. Toss well and serve.

INGREDIENTS

5 cloves garlic

3 tbs sugar

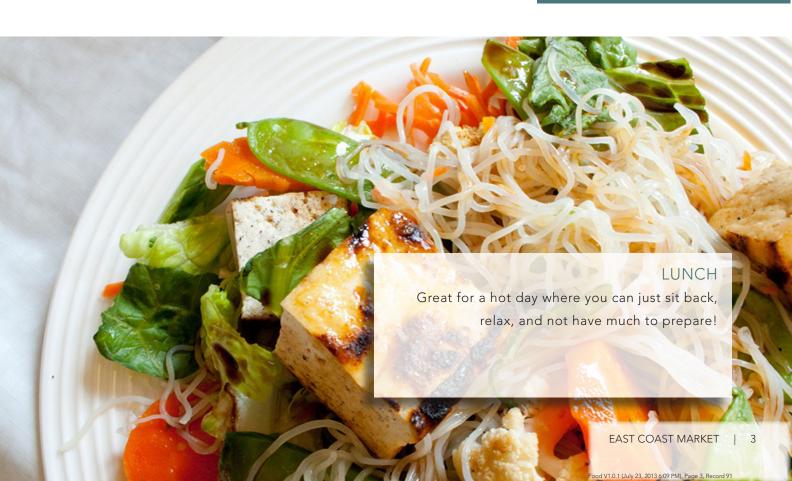
1/4 cup fresh lime juice

1 package dried rice noodles

1 cucumber

2 carrots

1/4 cup fresh mint



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME

 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



spaghetti squash and meatballs

PREP TIME

20 min

TOTAL 60 min RECIPE 4

INSTRUCTIONS

Preheat oven to 375°. Place the squash halves on a baking sheet. Drizzle the the squash with olive oil, then season with salt and pepper. Turn cut side down and bake 30-40 minutes. Remove from the oven.

Place meatballs and sauce over top of the squash. Sprinkle with mozzarella cheese. Return the pan to the oven and bake about 10 minutes.

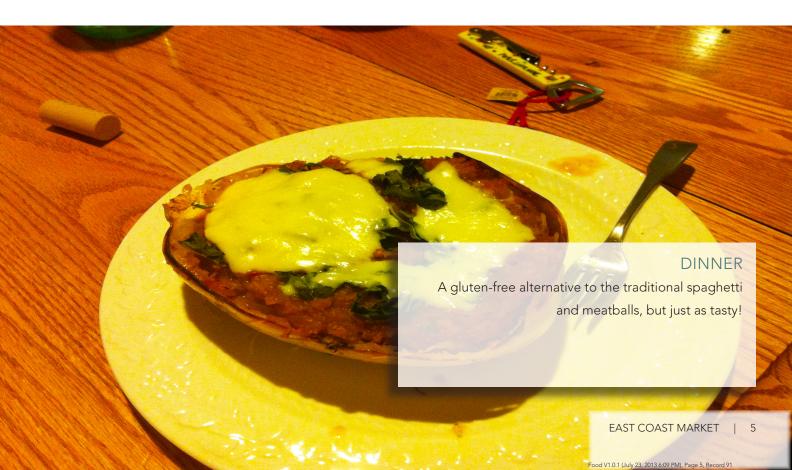
INGREDIENTS

2 whole spaghetti squash olive oil salt & pepper

1-1/2 lbs meatballs

4 cups spaghetti sauce

1 cup mozzarella cheese, shredded





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN VIRGINIA FOR THE SUMMER!

Blackberries Cantaloupe Cucumbers Grapes Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Rebekah Wall 266 86th Av. Ap #949 Norfolk, VA 22979

مابالسابياناليانياليان

Hey Rebekah,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2	egg	p	lar	٦t
---	----	-----	---	-----	----

	1/2	zucc	hin	
ш	1/2	Zucci	m	

☐ 1 cup mushrooms

☐ 1 cup tomatoes

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

433 Palmview Rd Richmond, NC 23220 PAID POSTAGE

Rebekah Wall 266 86th Av. Ap #949 Norfolk, VA 22979





ginger cakes

INGREDIENTS

pancake mix

1 tbs ground ginger

1 tsp vanilla

1 tsp cinnamon

Topping:

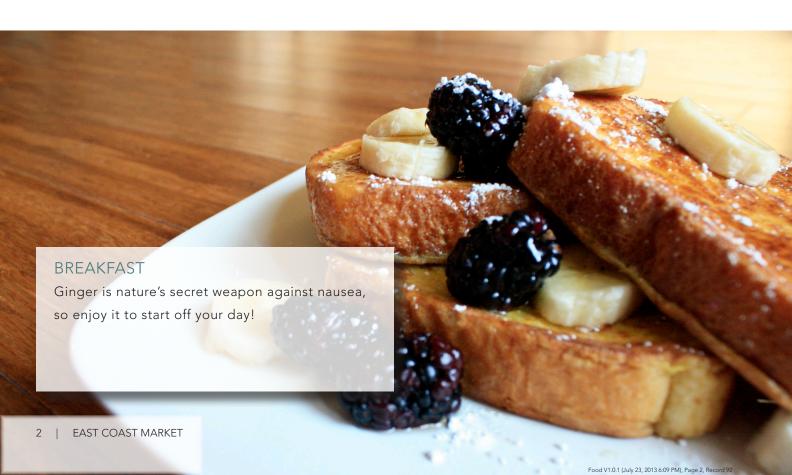
1 tbs powdered sugar

1/2 tbs cinnamon

PREP $15\,$ min TOTAL $30\,$ min RECIPE $4\,$

INSTRUCTIONS

Prepare pancakes normally. Add ginger, vanilla and cinnamon to batter. Cook pancakes as you normally would. Top with light margarine and powdered sugar and cinnamon mixture.



pasta salad

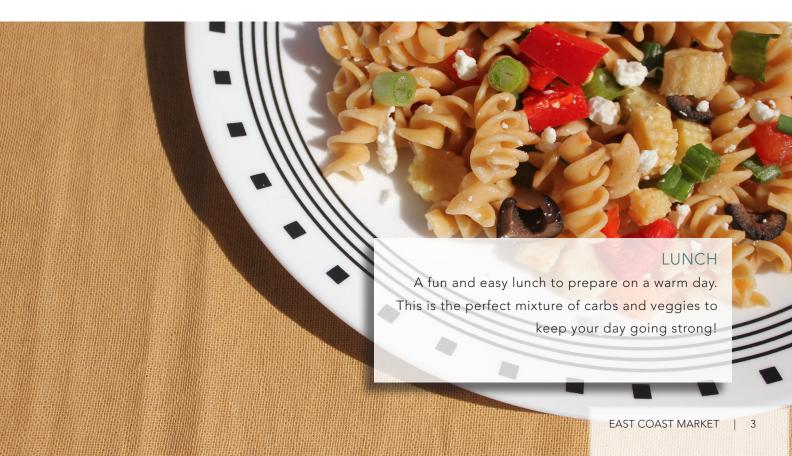
PREP 10 min TOTAL 30 min RECIPE SERVES

INSTRUCTIONS

Bring water to a boil in a pot, then add pasta. Let boil for approximately 15 minutes or until soft. In the meantime, chop grape tomatoes in halves, and slice bell pepper, olives and corn to desired sizes. Chop green onion into small pieces. Combine pasta and vegetables in large bowl, sprinkle with feta cheese and toss with Italian dressing.

INGREDIENTS

3 cups whole grain pasta 1 pint grape tomatoes 1 yellow bell pepper 1 cup baby corns 1 cup chopped green onion 1/2 cup black olives Italian Dressing



sesame orange smoothie

INGREDIENTS

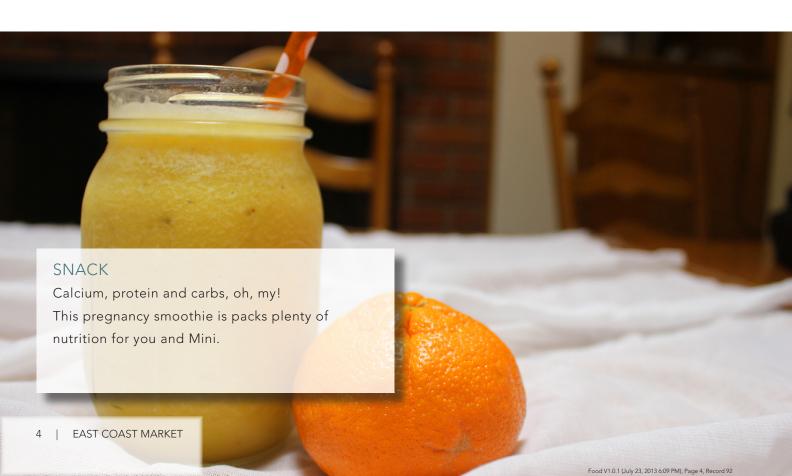
1 cup calcium-fortified orange

1/4 cup roasted sesame butter 1 cup nonfat plain yogurt 1 ripe banana, sliced

PREP 15 min TOTAL 15 min

INSTRUCTIONS

Place orange juice, sesame butter and yogurt in blender. Blend on highest speed. Add banana slices and continue blending until thick and creamy.



pan seared salmon

PREP TIME 5 min

TOTAL TIME

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

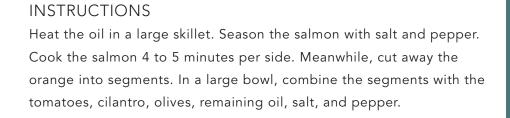
kosher salt and black pepper

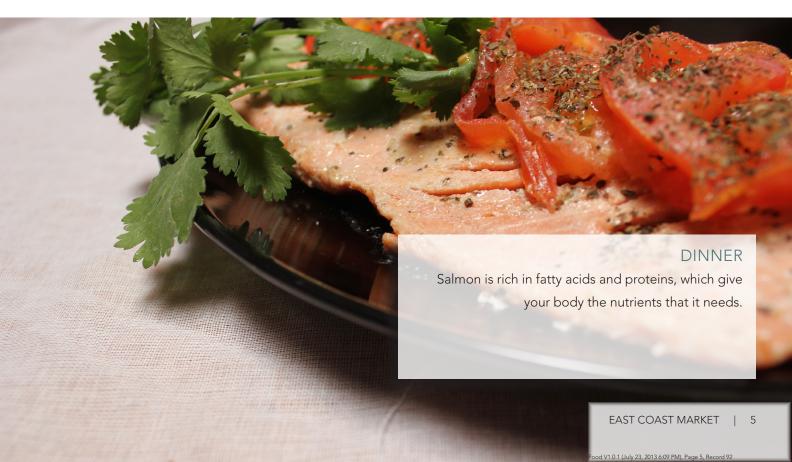
1 orange

2 small beefsteak tomatoes

1/2 cup cilantro sprigs

1/4 cup pitted green olives







BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN DELAWARE FOR THE WINTER!

Mushrooms



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Lesley Torres 6569 Burnett Road Pike Creek, DE 85716

Indulation Indulation

Hey Lesley,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eç	ggp	lant
----	-------	-----	------

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hroo	ms
--	---	-----	-----	------	----

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Washington Way Dover, DE 19706 PAID POSTAGE

Lesley Torres 6569 Burnett Road Pike Creek, DE 85716

والبالساسالياليانات





protein power bowl

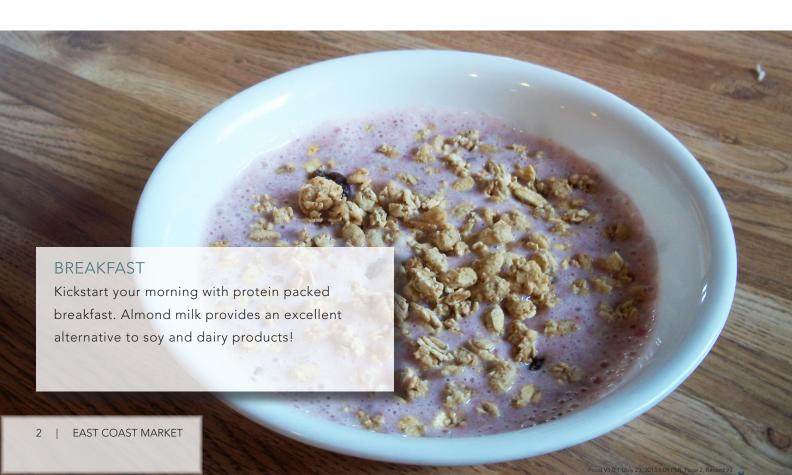
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

PREP 10 min

TOTAL 1

min

RECIPE SERVES 2

INGREDIENTS

1/2 eggplant1/2 zucchini

1 cup mushrooms

1 cup tomatoes

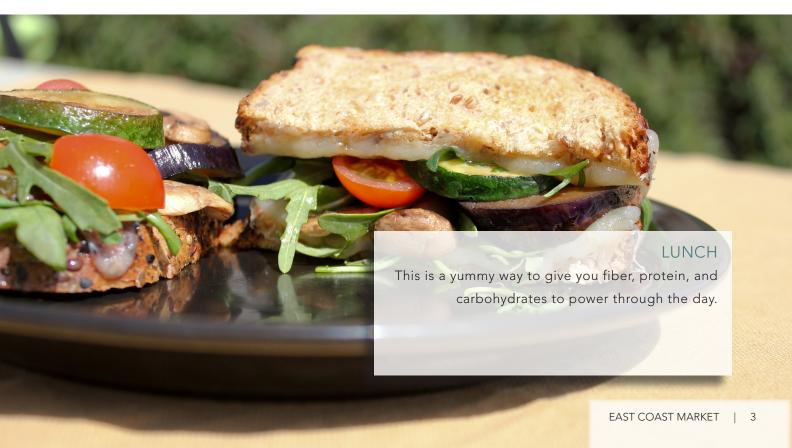
basil & arugula

2 tbs balsamic vinegar

Baguette slices

INSTRUCTIONS

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIMF 5 min

TOTAL TIME

-20 min

RECIPE SERVES 4

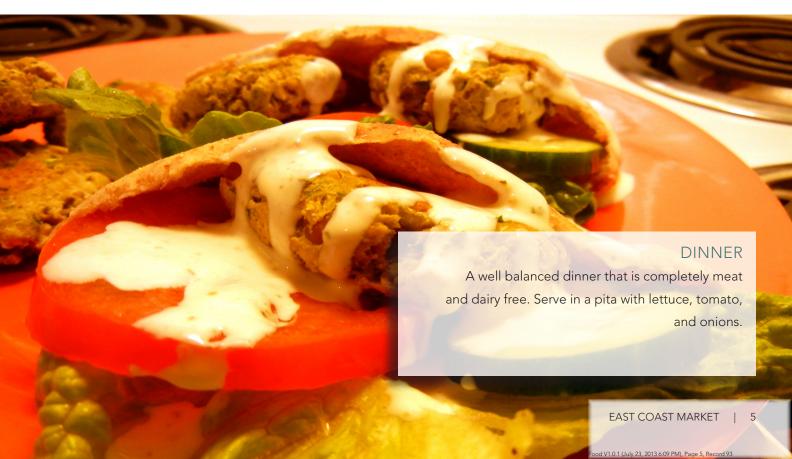
INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil

INSTRUCTIONS

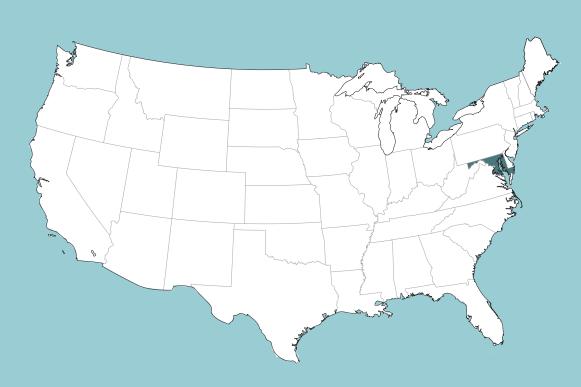
Drizzle olive oil in baking dish. Preheat oven to 350.

Mash chickpeas. Add onions and garlic and blend. Add remaining ingredients to make a thick paste-like consistency. Shape into balls and place in baking dish. Bake for 15-20 minutes.





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MARYLAND FOR THE SPRING! Asparagus Arugula Carrots Spinach Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Chaim Peters 3721 Court St. Ap #649 Columbia, MD 53641

السلماسالمالمالسابا

Hey Chaim,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

4 10					
1/2	zu	CC	h	Ir	٦I

1 cup mushrooms		1	cup	mus	hrooms
-----------------	--	---	-----	-----	--------

natoes
nato

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Chaim Peters 3721 Court St. Ap #649 Columbia, MD 53641

السلماسالمالسالمالما





protein power bowl

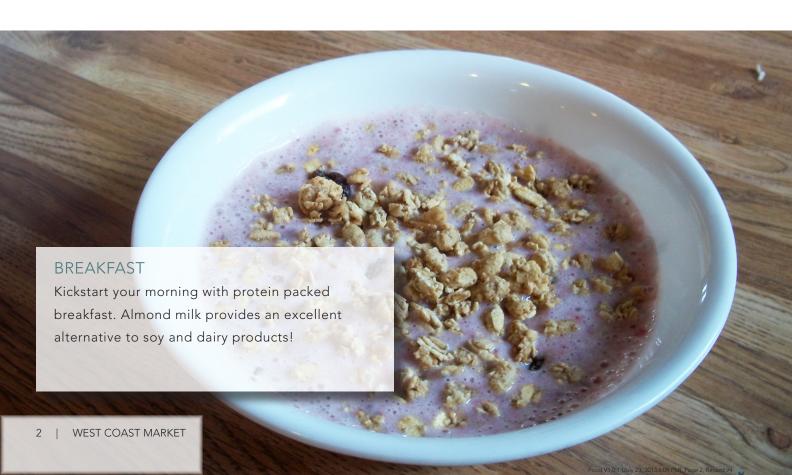
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



edamame energy bowl

PREP 35 min

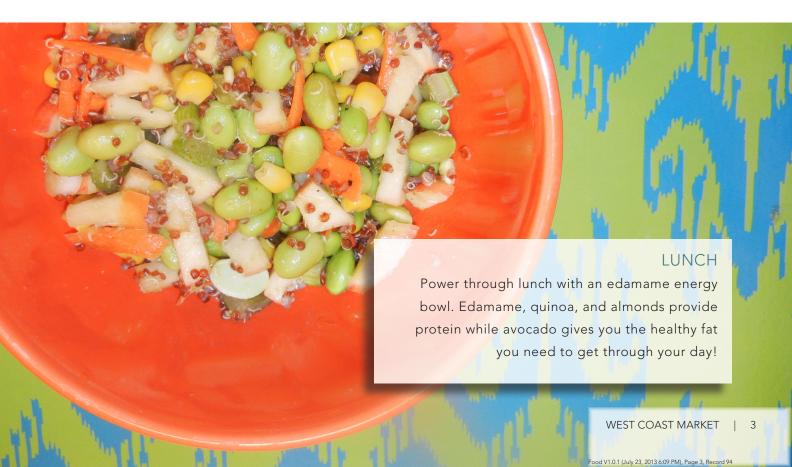
TOTAL 35 min

INSTRUCTIONS

Prepare edamame and guinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame 1 cup red quinoa, cooked 2 celery ribs, sliced 1/2 cup shredded carrots 1 avocado, sliced 1/3 cup sliced almonds Italian dressing



peanut butter banana wrap

INGREDIENTS

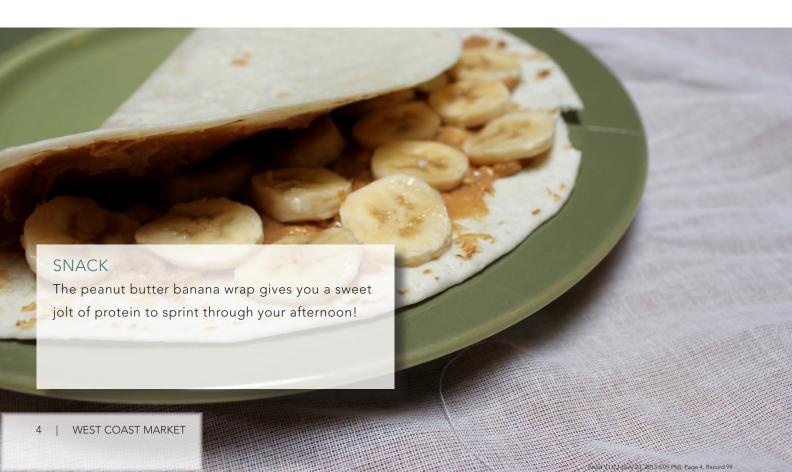
1 package flattened bananas 2-3 tbs peanut butter

PREP TIME

TOTAL RECIPE 4

INSTRUCTIONS

Lay out strips of flattened banana. Spread a layer of peanut butter on each strip and roll into a wonderful wrap snack.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

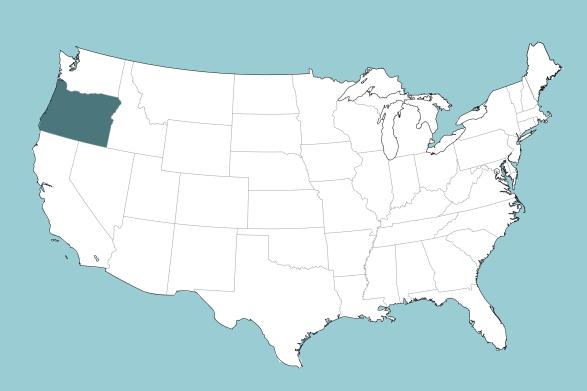
INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO WEST COAST MARKET. THEY'RE IN SEASON IN OREGON FOR THE SPRING! Asparagus Lettuce Raspberries Rhubarb Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL WEST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.



444 Cloudy St. Portland, OR 97034 PAID POSTAGE

Tatum Carter 7608 67th St. Ap #408 Portland, OR 83158

Industrial Industrial

Hey Tatum,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-West Coast Market



west coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2 e	ggp	ant
---	------	-----	-----

4 10					
1/2	zu	CC	h	Ir	٦Ι

	1	cup	mus	hroom	5
--	---	-----	-----	-------	---

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

west coast market

444 Cloudy St. Portland, OR 97034

PAID POSTAGE

Tatum Carter 7608 67th St. Ap #408 Portland, OR 83158

بالباليا البايا السياليين





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

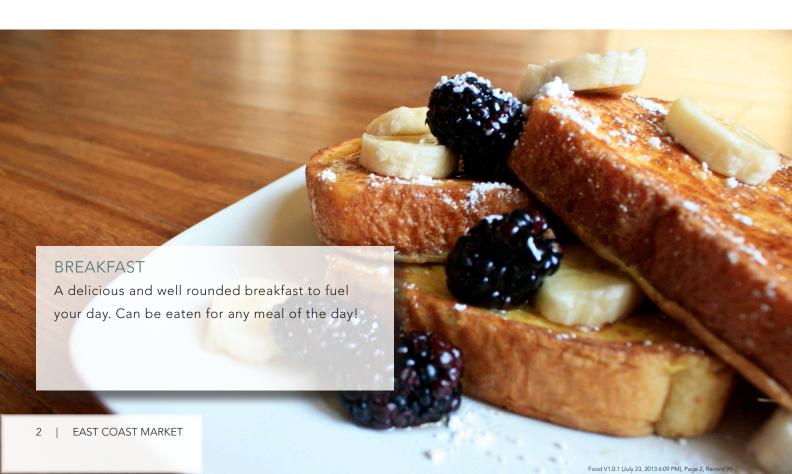
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



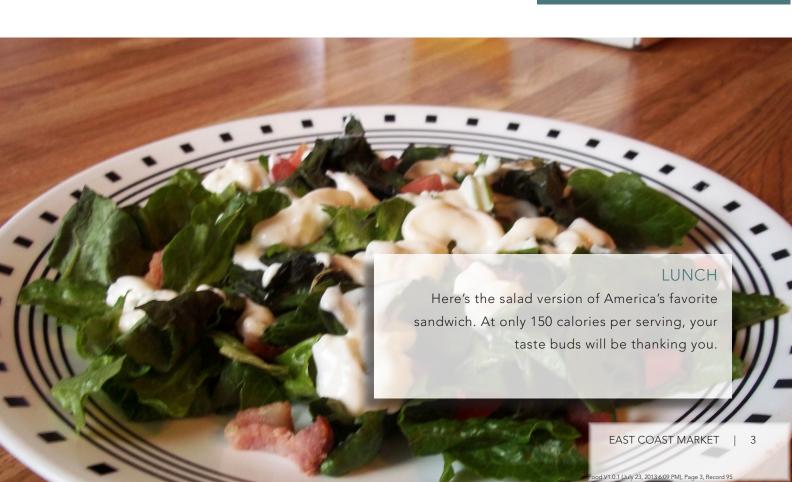
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

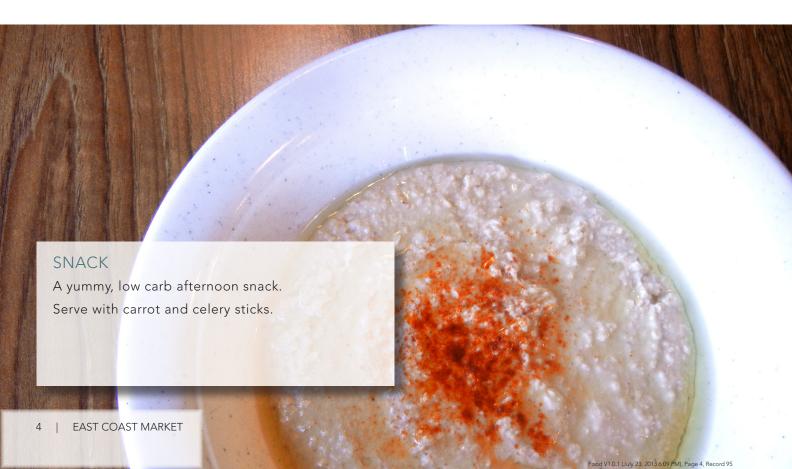
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

60 min

RECIPE SERVES 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

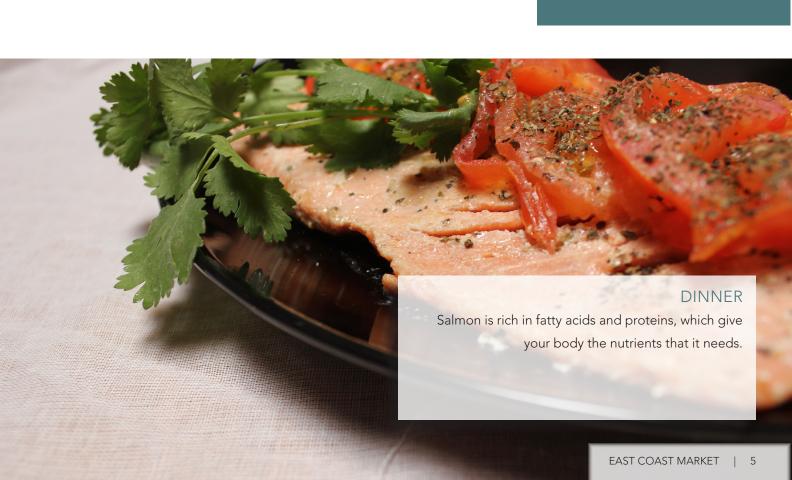
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

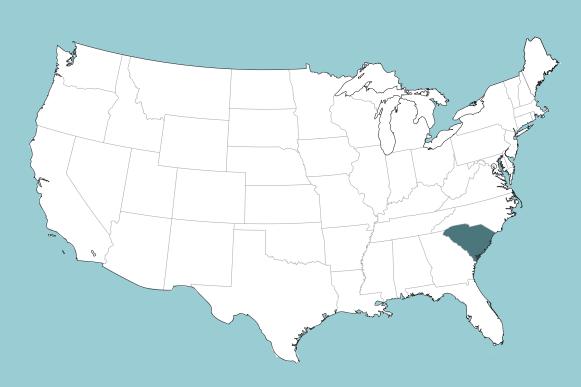
1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN SOUTH CAROLINA FOR THE FALL! **Apples** Cucumbers **Peppers Sweet Potatoes** Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00
east coast organic cucumbers
Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Olga Hopkins 4144 Stockton Rd. Charleston, SC 35892

المستابا والمابا والمابا

Hey Olga,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2	egg	p	lar	٦t
---	----	-----	---	-----	----

	4 10				
Ш	1/2	zucc	h	ır	۱۱

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Olga Hopkins 4144 Stockton Rd. Charleston, SC 35892

التلبيبيا بالتابيا بالتابيا التناسا





spinach and cheese omelet

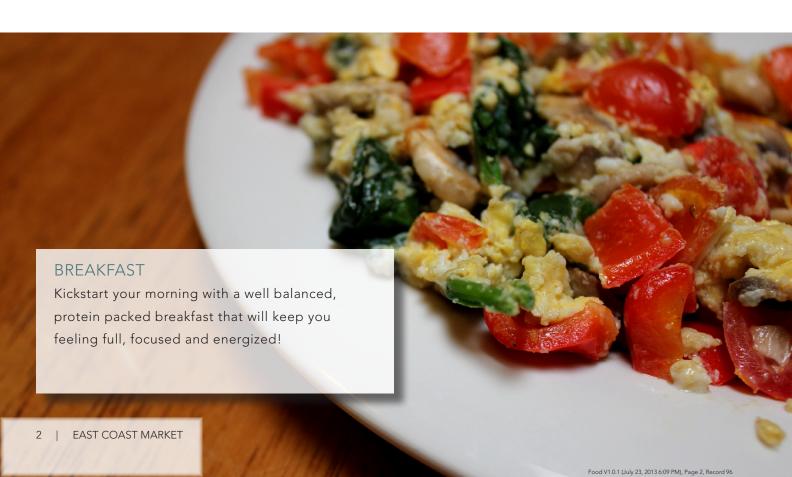
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



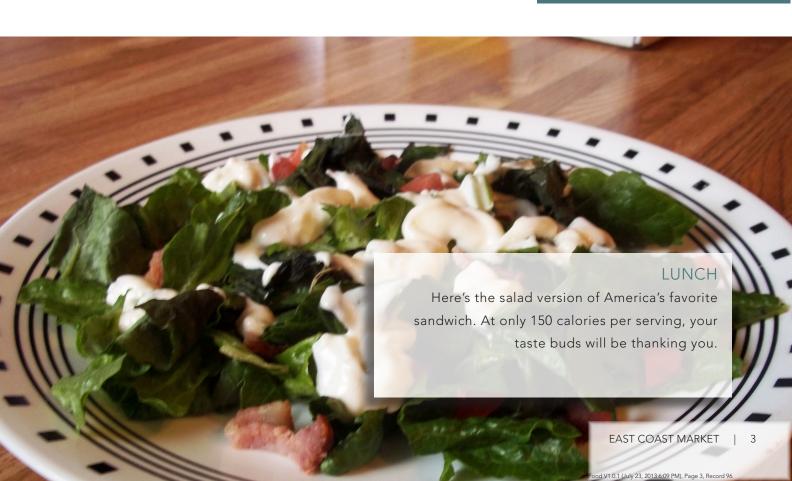
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

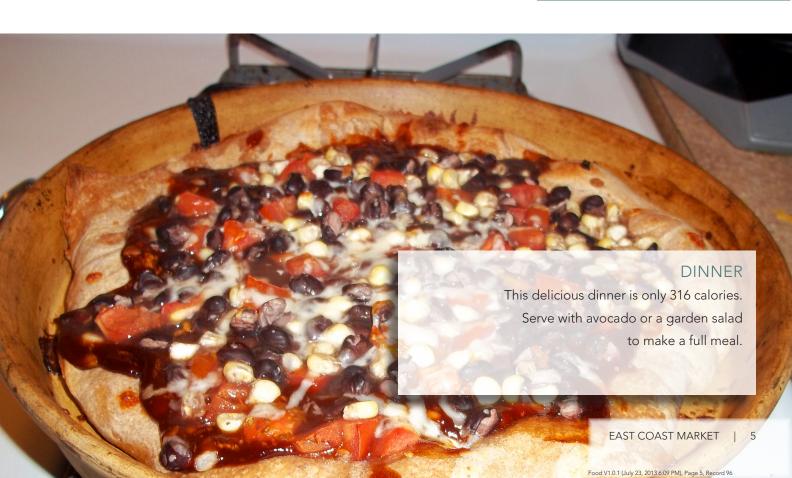
TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MASSACHUSETTS FOR THE FALL! **Apples** Cabbage Cranberries Onions **Pumpkins**



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Allegra Colon 9739 Royce Street Cambridge, MA 51810

واللوساواللوسايات

Hey Allegra,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

☐ 1/2 eggpl	ant
-------------	-----

	1 10				
Ш	1/2	zucc	h	ır	1

	1	cup	mus	hro	oms
--	---	-----	-----	-----	-----

☐ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Adams Dr Concord, MA 01742 PAID POSTAGE

Allegra Colon 9739 Royce Street Cambridge, MA 51810

وبالالسياباللسيابان





protein power bowl

INGREDIENTS

1 cup frozen berries

1 cup almond milk

2 tablespoons protein powder

1 tbs chia seeds

2 bananas

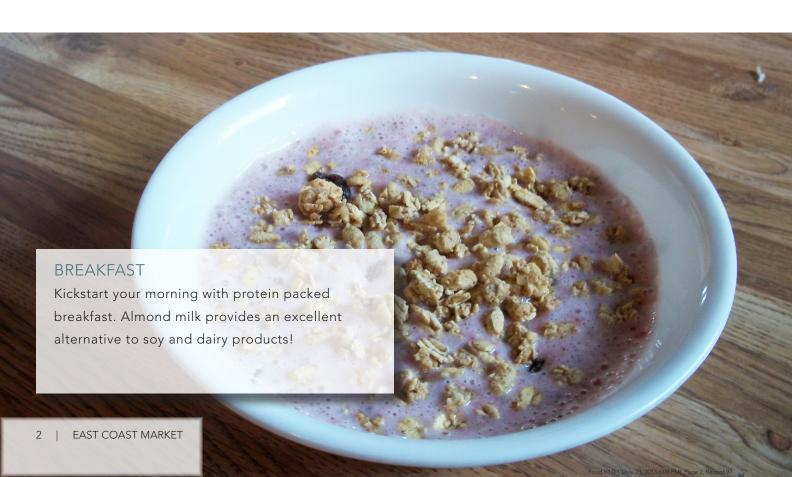
1 cup granola

1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



edamame energy bowl

PREP 35 min

TOTAL 35 min

nin SER

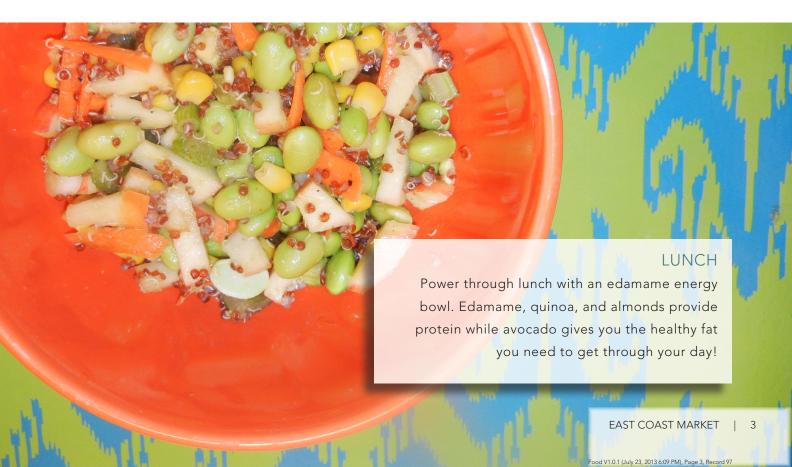
RECIPE 4

INSTRUCTIONS

Prepare edamame and quinoa in separate pots according to instructions. Chop celery, avocado and carrots; set aside. In a large bowl, combine ingredients with dressing and sprinkle almonds on top. If preferred chilled, refrigerate an extra 20 minutes before serving.

INGREDIENTS

1 package frozen edamame1 cup red quinoa, cooked2 celery ribs, sliced1/2 cup shredded carrots1 avocado, sliced1/3 cup sliced almondsItalian dressing



peanut butter banana wrap

INGREDIENTS

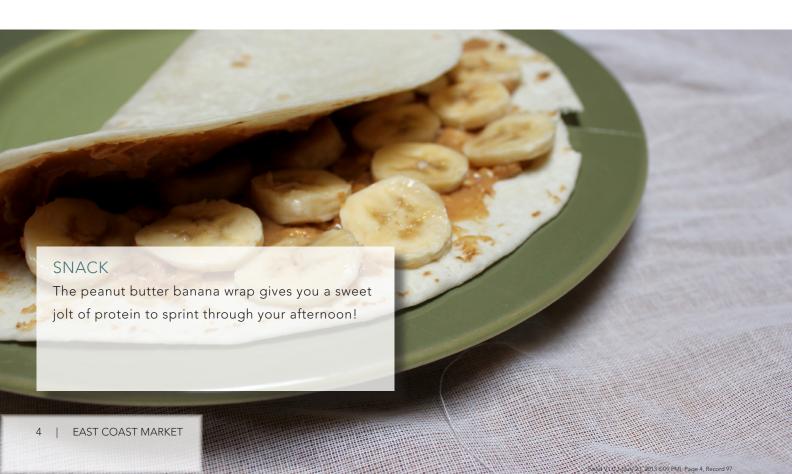
1 package flattened bananas 2-3 tbs peanut butter

PREP TIME

TOTAL RECIPE 4

INSTRUCTIONS

Lay out strips of flattened banana. Spread a layer of peanut butter on each strip and roll into a wonderful wrap snack.



smoky corn and black bean pizza

PREP 30 min

cheese. Grill until cheese is melted.

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal

on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and

TOTAL 30 min RECIPE 6

INGREDIENTS

1 plum tomato, diced

1 cup black beans

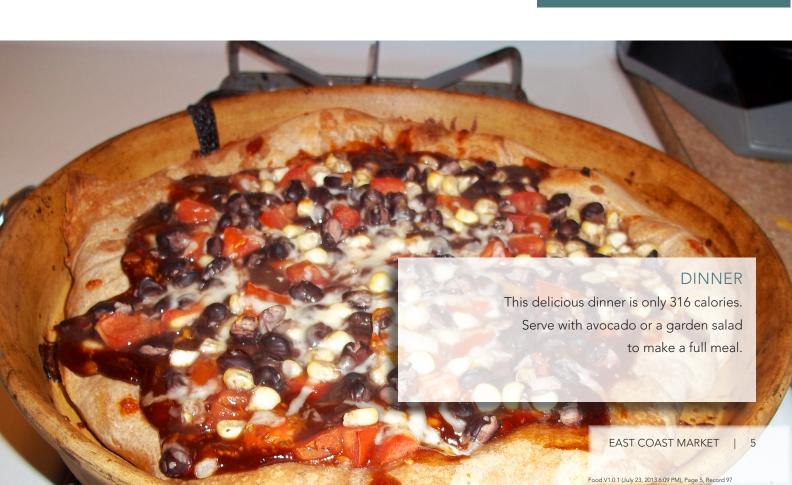
1 cup fresh corn

2 tbs cornmeal

1 pound pizza dough

1/3 cup barbecue sauce

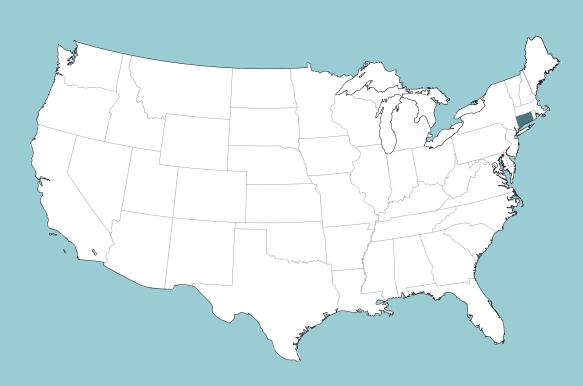
1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN CONNECTICUT FOR THE SUMMER!

Blueberries **Nectarines** Cucumbers Plums Tomatoes



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Jolene Haynes P.O. Box 821 Hartford, CT 59203

بالمسالليا سيابانان

Hey Jolene,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1,	/2 eg	gp!	ant
----	-------	-----	-----

	1 10				
Ш	1/2	zucc	h	ır	1

ns

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

444 Shiver St Portland, ME 04019 PAID POSTAGE

Jolene Haynes P.O. Box 821 Hartford, CT 59203

بالتنسيالالالسيالاليانات





protein power bowl

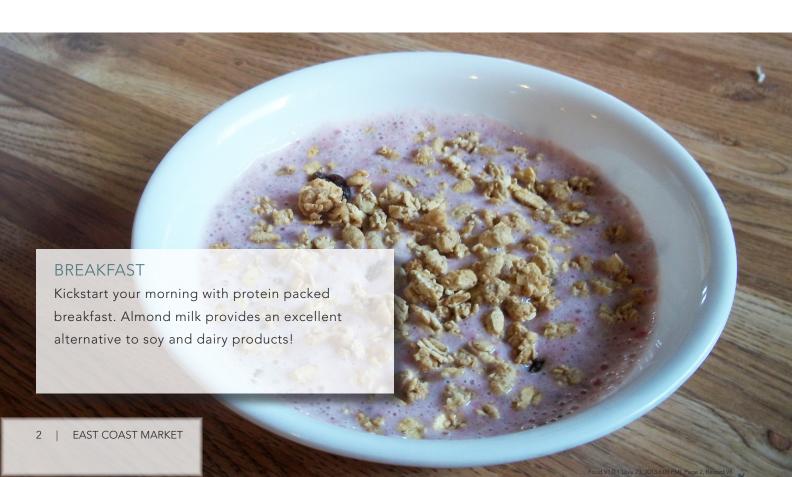
INGREDIENTS

- 1 cup frozen berries
- 1 cup almond milk
- 2 tablespoons protein powder
- 1 tbs chia seeds
- 2 bananas
- 1 cup granola
- 1 tablespoon agave

PREP 10 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Toss frozen berries, almond milk, protein powder, almond butter, chia seeds and 1 banana in a blender. Pulse a few times until liquefied. Split mixture into separate serving bowls. Top each bowl with granola, sliced bananas, and sweetener



roasted eggplant sandwich

PREP 10 min

TOTAL TIME

 \bigcup m

RECIPE SERVES 2

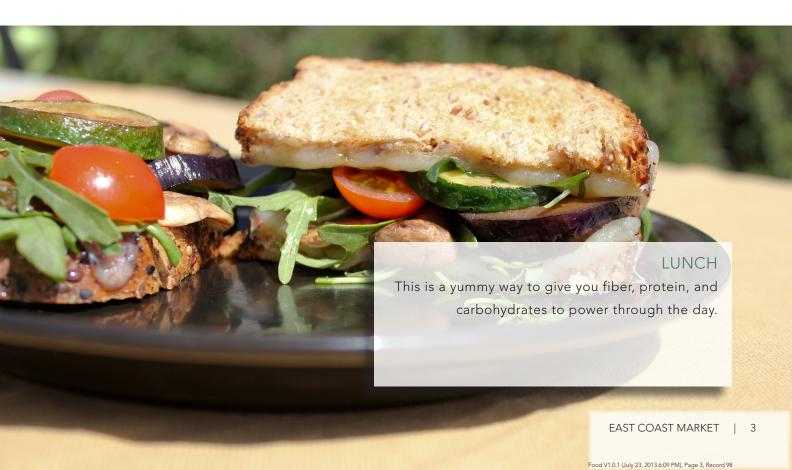
INSTRUCTIONS

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

INGREDIENTS

1/2 eggplant1/2 zucchini1 cup mushrooms1 cup tomatoesbasil & arugula2 tbs balsamic vinegar

Baguette slices



fresh applesauce

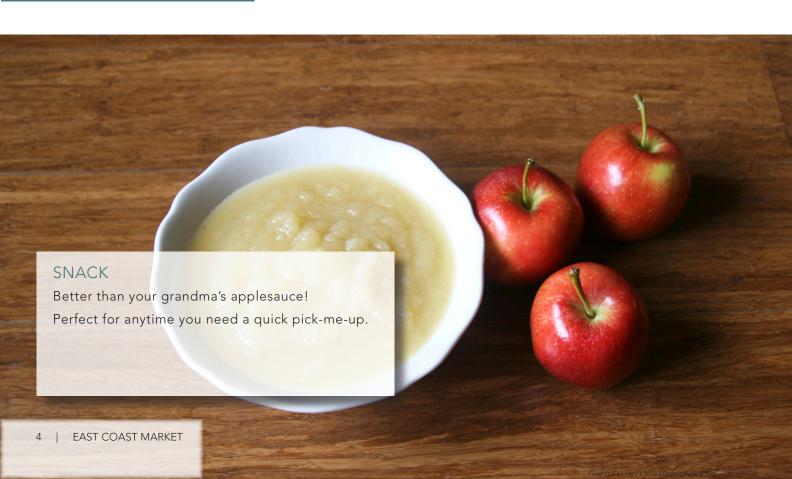
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



vegan falafel

PREP TIME 5 min

INSTRUCTIONS

TOTAL TIME

Mash chickpeas. Add onions and garlic and blend. Add remaining

ingredients to make a thick paste-like consistency. Shape into balls and

Drizzle olive oil in baking dish. Preheat oven to 350.

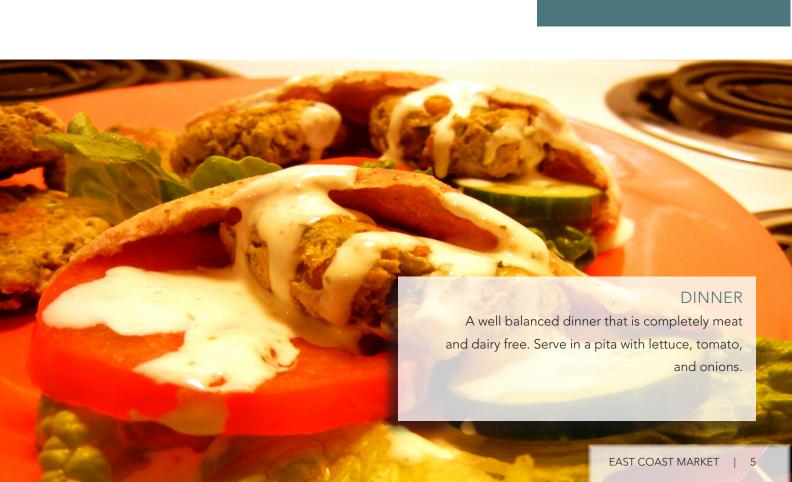
place in baking dish. Bake for 15-20 minutes.

-20 min

RECIPE SERVES 4

INGREDIENTS

- 1 can chickpeas
- 1 small onion
- 2 cloves of garlic
- 2 tbs flour
- 1 tsp cumin
- 1 tsp baking powder
- 2 tablespoons olive oil





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN NEW JERSEY FOR THE SUMMER!

Broccoli Corn Eggplant **Nectarines** Peaches



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Dylan Munoz 8228 Reeve St. Ap #471 Elizabeth, NJ 10024

التليانا السيالا التنا

Hey Dylan,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2	egg	Jp	lar	nt
---	----	-----	----	-----	----

4 10					
1/2	zu	CC	h	ır	١I

	1	cup	mus	hroom	S
--	---	-----	-----	-------	---

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Obama Way Atlantic City, NJ 08401 PAID POSTAGE

Dylan Munoz 8228 Reeve St. Ap #471 Elizabeth, NJ 10024

انتابانانستالستانانية





spinach and cheese omelet

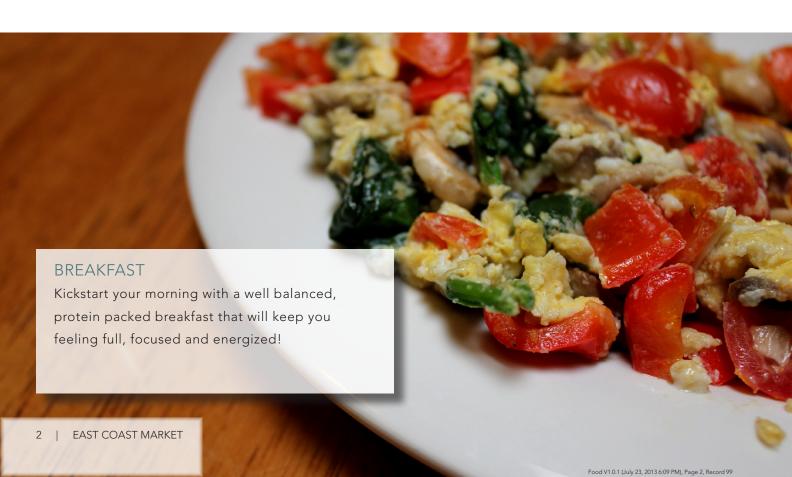
INGREDIENTS

2 large egg whites 1 cup chopped spinach 1/2 cup chopped bell peppers 1/2 cup mushrooms 1/3 cup chopped tomatoes

PREP TIME 5 min TOTAL 10 min RECIPE 2

INSTRUCTIONS

Whisk eggs. Add spinach, mushrooms, peppers, and tomatoes to skillet, saute, and add egg mixture. As egg mixture cooks, gently flip pan, and cook until spinach begins to wilt.



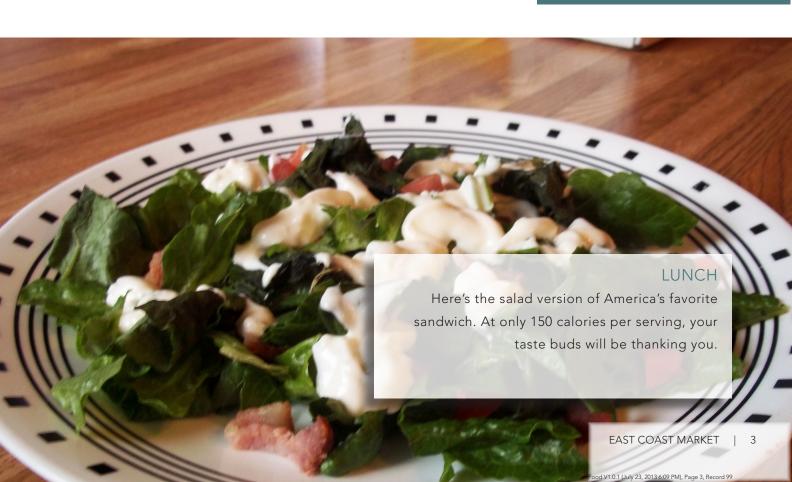
blt salad

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon



fresh applesauce

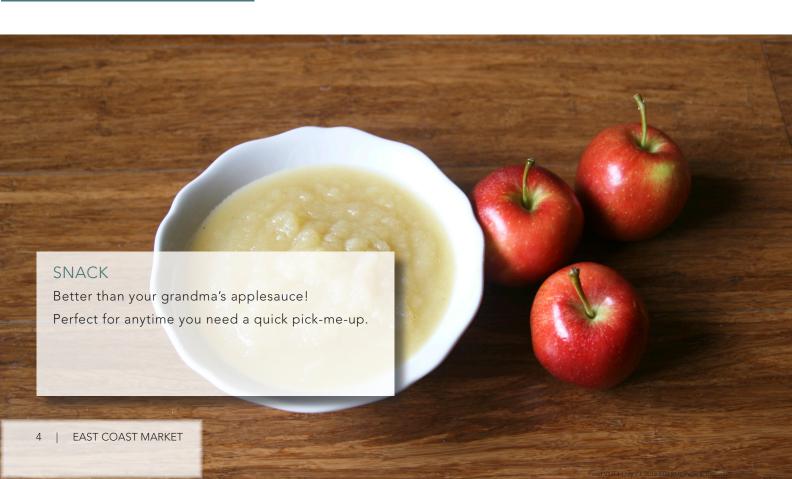
INGREDIENTS

4 apples peeled, cored, and chopped 3/4 cup water 1/2 tsp ground cinnamon

PREP TIME 10_{min} Total 30_{min} recipe serves

INSTRUCTIONS

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.



smoky corn and black bean pizza

PREP 30 min

TOTAL 30 min RECIPE 6

INSTRUCTIONS

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal on grill and bake dough. Flip. Add bbg sauce, tomato mixture, and cheese. Grill until cheese is melted.

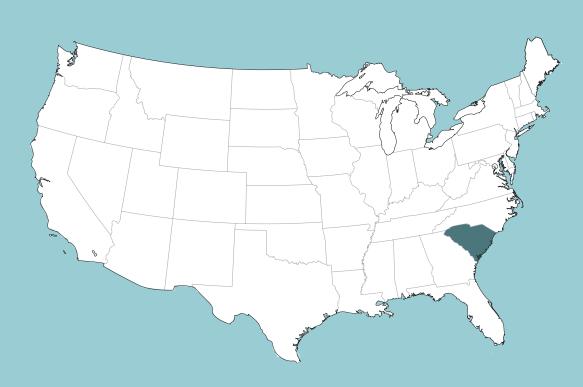
INGREDIENTS

- 1 plum tomato, diced
- 1 cup black beans
- 1 cup fresh corn
- 2 tbs cornmeal
- 1 pound pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN SOUTH CAROLINA FOR THE SPRING! Cabbage Cucumbers Lettuce Peaches Scallions



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS





















The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Vaughan Short 7035 Bokee Avenue Ap #462 Rock Hill, SC 74465

landaladaladallandala

Hey Vaughan,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-East Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

1	/2	egg	Jp	lar	nt
---	----	-----	----	-----	----

4 10					
1/2	zu	CC	h	Ir	٦I

☐ 1 cup	tomatoes
---------	----------

□ basil

□ arugula

☐ 2 tsp balsamic vinegar

 \square Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

834 Sunshine Way Charleston, SC 29407 PAID POSTAGE

Vaughan Short 7035 Bokee Avenue Ap #462 Rock Hill, SC 74465

landaladaladallandala





french toast

INGREDIENTS

4 eggs

2/3 cup milk

2 tsp of cinnamon

8 thick slices of bread

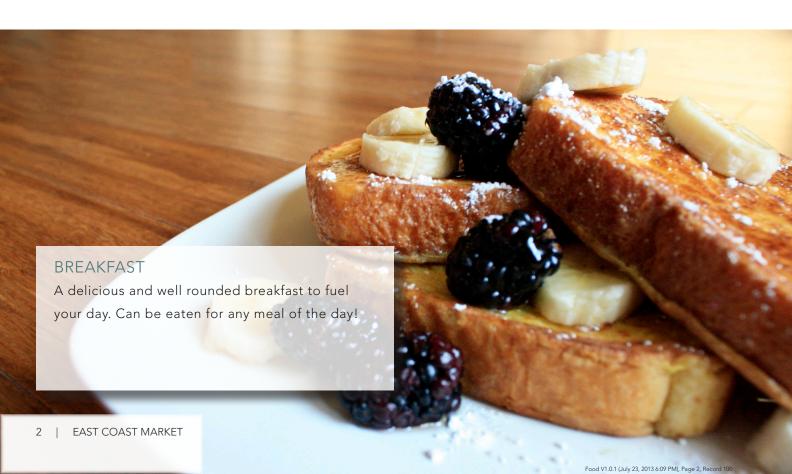
Maple syrup

PREP TIME

 $_{5}$ min TOTAL $_{15}$ min RECIPE $_{5}$ ERVES $_{4}$

INSTRUCTIONS

Beat eggs, milk, and cinnamon together. Pour into a shallow bowl. Dip each slice of bread into the egg mixture. Melt some butter over a large skillet on medium high heat. Fry until brown on both sides, flipping the bread when necessary. Serve hot with butter, maple syrup, and fresh berries.



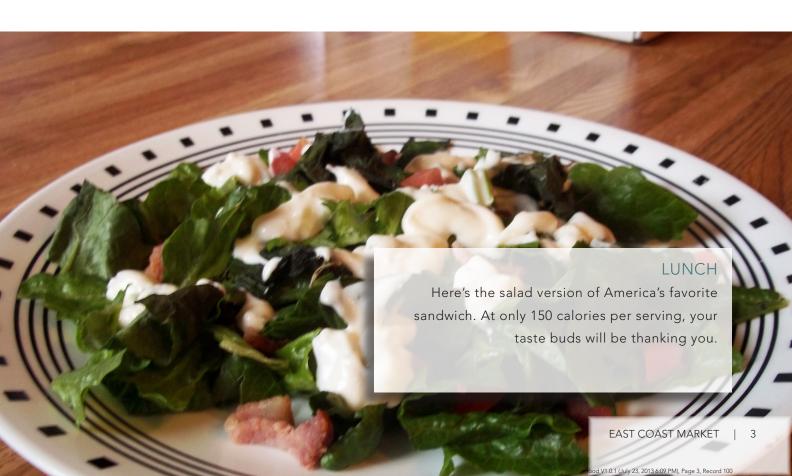
blt salad

INGREDIENTS

- 4 tomatoes
- 3 tbs low-fat mayonnaise
- 2 tbs chives
- 2 tsp white vinegar
- ground black pepper
- 5 cups romaine lettuce
- 3 slices bacon

INSTRUCTIONS

Shred one tomato using grater. Discard the skin. Add mayonnaise, chives, vinegar, garlic powder and pepper; whisk together. Chop the remaining 3 tomatoes. Combine the tomatoes, bacon, and romaine with the dressing.



hummus dip

INGREDIENTS

1 can chickpeas

4 tbs lemon juice

2 tbs tahini

2 cloves garlic, crushed

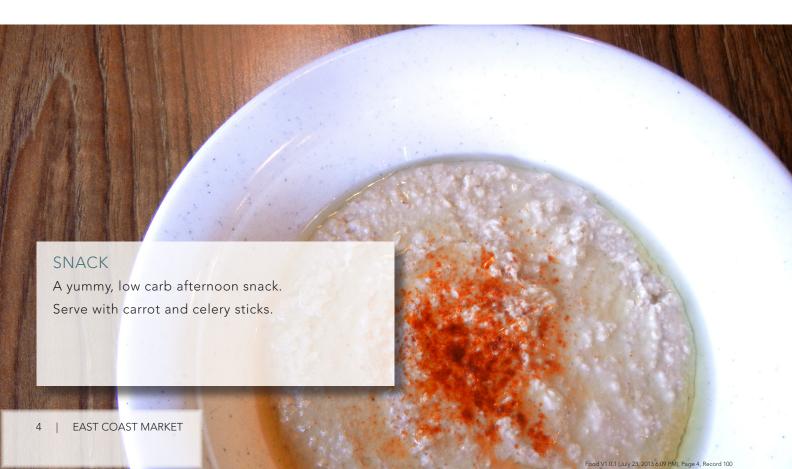
1/2 tsp salt

2 tbs olive oil

PREP TIME 10^{min} TOTAL 10^{min} RECIPE SERVES 4

INSTRUCTIONS

Combine all ingredients except olive oil. Blend in a food processor for 3-5 min. Place in bowl and garnish with olive oil.



pan seared salmon

PREP TIME $5 \min$

INSTRUCTIONS

TOTAL TIME

tomatoes, cilantro, olives, remaining oil, salt, and pepper.

Heat the oil in a large skillet. Season the salmon with salt and pepper.

orange into segments. In a large bowl, combine the segments with the

Cook the salmon 4 to 5 minutes per side. Meanwhile, cut away the

-60 min

RECIPE 4

INGREDIENTS

2 tbs olive oil

4 salmon fillets

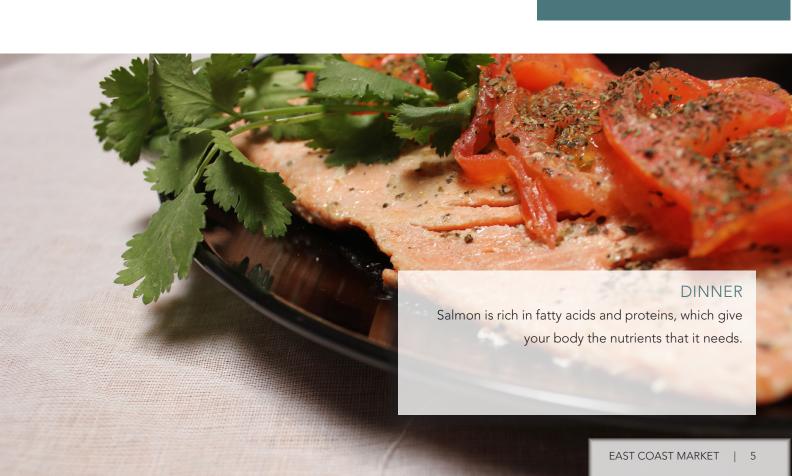
kosher salt and black pepper

1 orange

2 small beefsteak tomatoes

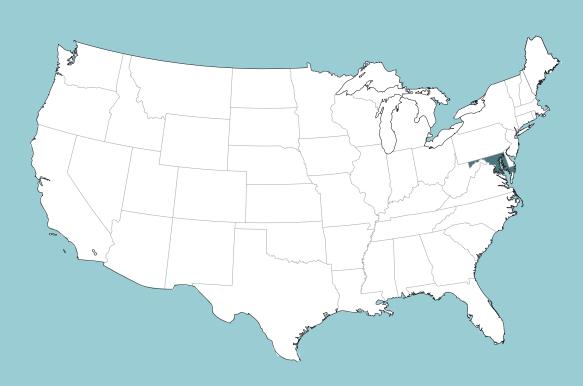
1/2 cup cilantro sprigs

1/4 cup pitted green olives





BE SURE TO GRAB THESE FRUITS AND VEGETABLES NEXT TIME YOU COME TO EAST COAST MARKET. THEY'RE IN SEASON IN MARYLAND FOR THE SPRING! Asparagus Arugula Carrots Spinach Strawberries



SAVE

ON THIS SEASONS' LOCAL PRODUCE WITH THESE DEALS. REDEEMABLE AT ALL EAST COAST MARKET LOCATIONS











2 FOR \$1.00 east coast organic cucumbers Expires 03/14/13











The Cal Poly Graphic Communication PDF/VT Test File Suite

This test file suite was designed and created by Cal Poly Graphic Communication students during Winter and Spring Quarters 2013. The project is sponsored and supported by Adobe Systems Incorporated and XMPie, a Xerox Company.







© 2013 California Polytechnic State University, Graphic Communication Department San Luis Obispo, California USA

This file may be freely distributed and used for testing and demonstration purposes, public or private, with the condition that it may not be altered in any manner. All names, addresses, and other data in this work are fictitious. Any resemblance to real persons, living or deceased, to real addresses, or any other real data is purely coincidental.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Timon Decker 8334 Commerce Rd. Frederick, MD 25023

بالمانانسياليانانانانا

Hey Timon,

Try this recipe for a roasted eggplant sandwich! This is a yummy way to give you fiber, protein, and carbohydrates to power through the day.

-Fast Coast Market



east coast market

Here's what you'll need to make a roasted eggplant sandwich:

- ☐ 1/2 eggplant
- ☐ 1/2 zucchini
- ☐ 1 cup mushrooms
- ☐ 1 cup tomatoes
- □ basil
- □ arugula
- ☐ 2 tsp balsamic vinegar
- ☐ Baguette slices

Roast eggplant in balsamic vinegar. Combine all ingredients in between two baguette slices and enjoy.

east coast market

3847 Lincoln Way Baltimore, MD 21201 PAID POSTAGE

Timon Decker 8334 Commerce Rd. Frederick, MD 25023

والمارانيين المارانانانات

