**Grocery List**

**Produce**

garlic(if needed)

three fourth lb. fresh broccoli

red or green leaf lettuce (if needed)

cherry tomatoes(if needed)

cucumber (if needed)

8 medium crimini mushrooms

sweet onion (if needed)

red bell pepper (if needed)

1 lemon

**Canned/Dried Foods**

white wine to cook with

low sodium vegetable broth (if needed)

Honey(if needed)

Dijon mustard (if needed)

rice wine vinegar (if needed)

cornstarch(if needed)

whole wheat or brown rice dry penne pasta

**Frozen Foods**

None today

**Meat/Fish/Poultry**

None today

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

5-6 falafel pieces (fridge at home)