**Produce**

garlic (if needed)

yellow onion (if needed)

1 head red or green leaf lettuce

4 oz. fresh basil

1 cucumber

celery (if needed)

red bell pepper (if needed)

1 Portobello mushroom

1 large sweet potato

1 medium red potato

1 pint cherry tomatoes

4 oz. pine nuts

**Canned/Dried Foods**

one 15 oz. can tomato sauce

one 15 oz. can no salt chopped tomatoes

low-sodium vegetable broth (if needed)

balsamic vinegar (if needed)

pitted Kalamata olives (if needed)

active dry yeast  
  
honey (if needed)

ww flour (if needed)

unbleached flour (if needed)

red wine to cook with (if needed)

**Chilled Foods/Dairy**

shredded Parmesan (if needed)