**Sunday, Potato Gnocchi and Spinach Nest**

**Produce**

garlic (if needed)

1 yellow onion

1 head of leaf lettuce

1 bag baby spinach leaves

1 cucumber

2 -1/2 lbs. Russet potatoes

cherry tomatoes *(if needed)*

2 Roma tomatoes

**Canned/Dried Foods**

one box low-sodium veggie broth

good olive oil (if needed)

balsamic vinegar(if needed)

dry oregano leaves (if needed)

unbleached flour (if needed)

cornstarch (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

Gorgonzola cheese (if needed)

shredded Parmesan cheese(if needed)

eggs (if needed)