**ASPGY Pasta**

**Produce**

garlic (if needed)

yellow onion (if needed)

12 oz. spinach leaves or baby spinach leaves

red leaf lettuce (if needed)

cucumber (if needed)

cherry tomatoes (if needed)

1 slicing tomato

1 lemon

1 Granny Smith apple

one fourth cup pine nuts

**Canned/Dried Foods**

spiral pasta of choice

low-sodium vegetable broth (if needed)  
OR  
Not Chick’n Bouillon Cubes

corn starch (if needed)

dried oregano leaves (if needed)

bay leaf (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

crumbled Gorgonzola cheese