**Avgolemono**

**Produce:**

garlic *(if needed)*

1 yellow onion

1 head leaf lettuce

fresh savory *(if you can't find it dried savory will work)*

1 pint cherry tomatoes

3 lemons

1 tart apple

**Canned/Dried Foods:**

1 C. long-grain brown rice *(if needed)*

Edward and Sons not-chick’n bullion or equivalent product *(if needed)*

Three 32 oz boxes low-sodium vegetable broth. *(You may purchase one vegetable and 2 boxes of chicken broth if you're eating meat.)*

dried savory leaves *(if no fresh available)*

**Frozen Foods:**

**Meat/Fish/Poultry:**

**Chilled foods/Dairy:**

Eggs *(if needed)*

Plain, nonfat yogurt *(if needed)*

crumbled feta cheese *(if needed)*

**Additional Items:**

Leftover Artisan bread or a fresh baguette