**Sunday, Broccoli Enchiladas**

**Produce**

garlic (if needed)

1 large yellow onion

1 head butter lettuce

fresh cilantro leaves

1 red bell pepper

1 green bell pepper

1-1/2 lb. broccoli

3 limes

4 avocados

4 pink grapefruit

**Canned/Dried Foods**

one 32 oz. box low-sodium vegetable broth (if needed)

two 15 oz. cans no-salt chopped tomatoes

one 15 oz. can tomato sauce

balsamic vinegar (if needed)

unbleached flour(if needed)

dry basil leaves (if needed)

dry oregano leaves  (if needed)

chili powder  (if needed)

cumin powder  (if needed)

red and white wine to cook with(if needed)

**Frozen Foods:**

Plant-based Chik’n Strips of choice

**Chilled Foods/Dairy** 8 oz. sharp cheddar cheese

1 package large whole-wheat tortillas