**Grocery List: Rainbow Chard, Pear, Dried Cherries**

**Produce**

Garlic (if needed)

yellow onion (if needed)

1 bunch fresh Chard

fresh basil leaves

one bosc pear

8 pecan halves

one half cup dried tart cherries

**Canned/Dried Foods**

quinoa (if needed)

olive oil (if needed)

low-sodium veggie broth (if needed)

rice wine vinegar (if needed)

cayenne pepper (if needed)

white wine for cooking (if needed)

**Frozen Foods**

**Chickenless tenders *(if meatless)***

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled Gorgonzola cheese