**Tuesday, Cream of Asparagus Soup**

**Produce**

garlic (if needed)

1 yellow onion

red or green leaf lettuce (if needed)

1 cucumber (ifneeded)

celery *(if needed)*

1 bunch or about 1 lb. fresh asparagus

cherry tomatoes (if needed)

1 lemon

**Canned/Dried Foods**

one 32 oz. box low sodium vegetable broth

good extra-virgin olive oil *(if needed)*

rice wine vinegar (if needed)

Dijon mustard (if needed)

honey(if needed)

dried oregano (if needed)

ground  nutmeg (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods Dairy**

nonfat milk(if needed)

plain, nonfat yogurt (if needed)  
  
1 package smoky tempeh

**Additional Items**

Artisan bread or rolls