**Falafel Roll-ups with Tabbouleh**

**Produce**

garlic (if needed)  
  
1 sweet onion  
  
1 bunch green onions  
  
1 head green leaf lettuce *(if needed)*1 bunch curly parsley  
  
1 small package fresh dill *(if making tzatziki sauce)*2 cucumbers  
cherry tomatoes *(if needed)*2 lemons

1 pint strawberries or seasonal cherries

**Canned/Dried Foods**

8 oz. bulgur *(if needed)*low sodium vegetable broth (if needed)  
  
rice wine vinegar (if needed)prepared mustard (if needed)tahini *(if needed)*honey (if needed)

**Frozen Foods**  
  
**Meat/Fish/Poultry**  
  
**Chilled Foods/Dairy**

Crumbled feta cheese (if needed)  
  
1 package 10” whole wheat tortillas  
  
low fat or vegan mayonnaise *(if needed)*

Plain, nonfat yogurt (if making Tzatziki)  
  
7 falafel pieces (from freezer or fridge at home)