**Friday Pizza and Salad**

**Produce**

yellow onion (if needed)

red or green leaf lettuce (if needed)

1 cucumber (if needed)

6 oz. medium-sized cremini mushrooms

cherry tomatoes (if needed)

**Canned/Dried Foods**

rice wine vinegar(if needed)

Dijon mustard (ifneeded)

pitted Kalamata olives (if needed)

dried dill weed (if needed)

dried savory leaves (ifneeded)

**Frozen Foods**

1 package frozen pizza crusts *(if not making homemade crust)*

**Meat/Fish/Poultry**

1 Italian chicken or turkey sausage link (if eating meat)

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

Plant-based Field Roast Italian sausage or other plant based option(if eating meatless)

1 C. leftover red sauce(from fridge at home)

plain, nonfat yogurt *(if needed)*