**Lasagna**

**Produce**

garlic (if needed)

1 yellow onion

1 head red or green leaf lettuce

1 cucumber

one 6 oz. bag fresh spinach leaves

9 oz. cremini mushrooms

three 8-inch baby zucchinis

1 pint cherry tomatoes

**Canned/Dried Foods**

12 oz. whole wheat or quinoa lasagna noodles

one 15 oz. can tomato sauce

one 15 oz. can no salt tomato sauce

one 15 oz. can Great Northern beans

dry basil leaves (if needed)

dry oregano leaves (if needed)

red wine to cook with (if needed)

**Frozen Foods**  
Beefy crumbles (if meatless)

**Meat/Fish/Poultry**

6 oz. lean ground beef or turkey (if eating meat)

**Chilled Foods/Dairy**

eggs (if needed)

plain, nonfat yogurt(if needed)

1 pint part skim Ricotta Cheese

shredded skim milk mozzarella

shredded Parmesan *(if needed)*