**TLT Sandwich with Leftover Soup**

**Produce**

             1 slicing tomato

             cucumber (if needed)

 lettuce (if needed)

             cherry tomatoes(if needed)

**Canned/Dried Foods**

            lowfat Mayonnaise (if needed)

            catsup (If needed)

**Chilled Food/Dairy**

            Smoky Tempeh

            Leftover bean soup