**Sunday, Lentil Loaf with Roasted Potatoes**

**Produce**  garlic(if needed)

1 yellow onion

1 head red or green leaf lettuce

1 bunch Dino Kale

fresh dill weed

1 cucumber

6 oz. cremini mushrooms

2 red potatoes

1 pint cherry tomatoes

**Canned/Dried Foods** 8 oz. brown lentils

brown rice (if needed)

one 15 oz. can tomato sauce

one 32 oz. box low sodium veggie broth

rice wine vinegar(if needed)

molasses(if needed)

Worchestershire sauce (if needed)

Panko or bread crumbs

chili powder

bay leaf (if needed)

ground cumin (if needed)

dry basil leaves (if needed)

dried oregano leaves (if needed)

cayenne pepper (if needed)

**No Frozen Foods or Meat Today**

**Chilled Foods/Dairy**

eggs (if needed)

plain, nonfat yogurt