**Mediterranean Greens**

**Produce**

garlic (if needed)

1 yellow onion

1 bunch Chard  
  
fresh parsley *(if needed)*

1 lemon

**Canned/Dried Foods**

quinoa *(if needed)*

one 15 oz. can garbanzo beans

low sodium vegetable broth *(if needed)*

Asian pepper sauce (if needed)

rice wine vinegar (if needed)

low sodium soy sauce (if needed)

pitted calamata olives (if needed)

white wine to cook

tahini  (if needed)  
  
dry oregano leaves (if needed)

ground cumin (if needed)

cornstarch (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

feta cheese crumbles *(if needed)*