**Open-faced Pizza Burgers**

**Produce**

garlic (if needed)

1 yellow onion

Leaf lettuce *(if needed)*

1 bag baby arugula

1 cucumber

1 pint cherry tomatoes  
  
1 mango *(if needed)*

**Canned/Dried Foods**

red wine to cook with (if needed)

one 15 oz. can no salt tomato sauce

one 15 oz. can tomato sauce

dry basil leaves (if needed)

dry oregano leaves (if needed)

Dijon mustard (if needed)

honey (if needed)

low sodium veggie broth (if needed)

whole grain burger buns (if needed)

**Frozen Foods**

Plant-based burger patties (if going meatless)

**Meat/Fish/Poultry**

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

**Chilled Foods/Dairy**

shredded Parmesan (if needed)