**Pasta Bolognese**

**Produce**

1 head green or red leaf lettuce

1 pint cherry tomatoes

1 cucumber

1 yellow onion

garlic (if needed)

**Canned/Dried Food**

two 15 oz. can tom sauce

two 15 oz. can no salt tom sauce

dry basil leaves

dry oregano leaves

red wine to cook with (if needed)

ground fennel seed (if needed)

one package whole wheat dry penne pasta *(or penne of choice)*

**Frozen Foods**

meatless ground substitute(if going meatless)

**Meat/Fish/Poultry**

one half lb. ground turkey breast(if using meat)

**Chilled Foods/Dairy**

shredded Parmesan (if needed)