**Pasta Carbonara**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 head red or green leaf lettuce

1 cucumber 5 oz. cremini or white mushrooms

1 pint cherry tomatoes

**Canned/Dried Foods**

penne pasta of choice

one 15 oz. can of no salt tomato sauce

one 15 oz. can regular tomato sauce

olive oil (if needed)

Tabasco sauce (if needed)

dried basil leaves (if needed)

dried oregano leaves (if needed)

red wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

Turkey bacon (if eating meat)

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)   
  
Smoky tempeh (if going meatless)