**Quinoa Cakes with Spicy Roasted Sweet Potatoes  
Produce**  
garlic (if needed)

1  yellow or sweet onion

one bunch green onions

1 head red or green leaf lettuce or a package of mixed greens *(if needed)*1 bunch cilantro  
red bell pepper (if needed)  
  
1 Jalapeno pepper

1 Anaheim pepper

2 medium sweet potatoes or garnet yams

cherry tomatoes *(if needed)*1 ripe peach

1 lemon  
 lime

**Canned/Dried Foods**  
bread crumbs (if needed)

one 15 oz. can black beans

one 15 oz. can no salt diced tomatoes

low-sodium vegetable broth (if needed)

Dijon mustard (if needed)

cornstarch (if needed)

paprika *(if needed)*chili powder *(if needed)*

**dried oregano leaves** *(if needed)* **ground cumin** *(if needed)* **Frozen Foods**  
**Meat/Fish/Poultry**

**Chilled Foods/Dairy**  
eggs (if needed)

plain, nonfat yogurt (if needed)

quick tomato salsa (leftover at home)