**Sunday, Spinach Salad and Carrot Apple Soup**

**Produce**

garlic (if needed)

1 yellow onion

1 bunch green onions

1 bag baby spinach or 1 bunch fresh spinach

1 cucumber

1 red bell pepper

2 lbs. carrots   
  
8 cremini mushrooms

2 Roma tomatoes  
or  
cherry tomatoes

2 Granny Smith apples   
  
1/4 C. pine nuts

**Canned/Dried Foods**

one 32 oz. box low sodium vegetable broth

ground cinnamon(if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt(if needed)

gorgonzola or feta cheese (if needed)  
  
Smoky tempeh

**Additional Items**

1 medium-sized whole-grain roll per serving or a loaf of Artisan bread