**Sunset Apple Loaf**

**Produce**

garlic (if needed)

yellow onion (if needed)

one bunch green onions

fresh cilantro or fresh basil

red bell pepper

4 medium–sized red potatoes (one per person)

1 lime

**Canned/Dried Foods**

Unseasoned dry bread crumbs *(if needed)*

Low-sodium vegetable broth (if needed)

olive oil (if needed)

rice wine vinegar (if needed)

honey (if needed)cornstarch (if needed)

ground cinnamon *(if needed)*

ground allspice *(if needed)*

yellow curry powder (if needed)

white wine to cook with (if needed)

**Frozen Foods**

frozen corn *(if needed)*

frozen, shelled edamame

plant-based ground meat of choice *(If making meatless loaf)*

**Meat/Fish/Poultry**

16 oz. Ground turkey breast (if making meat loaf)

**Chilled Foods/Dairy**

Eggs *(if making meatloaf today)*

plain nonfat yogurt (if needed)

butter (if needed)