**Thursday, Taco Salad**

**Produce**

garlic (if needed)

1 medium yellow onion

1 head red leaf lettuce

1 bunch cilantro leaves

1 cucumber

1 green pepper

1 Anaheim pepper

1 Jalapeno pepper

1 lime

3 Roma tomatoes

**Canned/Dried Foods**

low-sodium vegetable broth (if needed)

one - 15 oz. can no-salt chopped tomatoes  
  
honey (if needed)   
  
dry oregano leaves (if needed)  
  
ground cumin (if needed)  
  
mild chili powder (if needed)

red wine to cook with (if needed)

**Frozen Foods**

ground meatless substitute (if going meatless)

**Meat/Fish/Poultry**

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

**Chilled Foods/Dairy**

plain nonfat yogurt *(if needed)*

sharp cheddar cheese

fresh tomato salsa *(if not making quick, low-sodium salsa)*