**Veggie Lasagna**

**Produce**

garlic (if needed)

1 yellow onion

1 large bunch fresh spinach leaves or one 6 oz.  bag of spinach

1 head leaf lettuce

1 cucumber

1 eggplant

9 oz. cremini mushrooms

1 pint cherry tomatoes  
  
1 lemon

**Canned/Dried Foods**

Whole wheat lasagna noodles

one 15 oz. can no salt chopped tomatoes

one 15 oz. can regular tomato sauce

low sodium vegetable broth (if needed)

balsamic vinegar (if needed)

oregano leaves (if needed)

basil leaves (if needed)

ground nutmeg *(if needed)*

red wine to cook with (if needed)

**No Frozen Foods or Meat Today**

**Chilled Food/Dairy**  
plain, nonfat yogurt

 eggs (if needed)

shredded mozzarella

shredded Parmesan

1 pint part-skim Ricotta Cheese