**Barbecued T-Ribs with Sweet Corn**

**Produce**  
garlic (if needed)

1 yellow onion

1 head red leaf lettuce

1 cucumber

1 red pepper

1 green pepper

two 8 inch zucchinis

4 ears sweet corn

6 medium red potatoes

cherry tomatoes

2 lemons

**Canned/Dried Foods**  
one 15 oz. can tomato sauce

one 32 oz. box, low-sodium vegetable broth

white truffle oil *(if needed)*

balsamic vinegar (if needed)

low-sodium soy sauce or Tamari (if needed)

Dijon mustard (if needed)

Brown sugar or molasses *(if needed)*

thyme leaves (if needed)

Rosemary leaves (if needed)

oregano leaves (if needed)

bay leaf (if needed)

**Frozen Foods**  
**Meat/Fish/Poultry**  
6 skinless chicken breasts *(if eating meat)*

**Chilled Foods/Dairy**  
1 lb. ultra firm tofu *(if eating plant-based)*

3 oz. capricho cheese *(optional)*