**Aglio e Olio Pasta with Kale and Shrimp**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 bunch Russian kale

red or green leaf lettuce (if needed)

1 bunch fresh parsley

fresh sage leaves

cucumber (if needed)

1 bunch green onions

9 oz.  sliced Cremini mushrooms

1 pint cherry tomatoes (if needed)

**Canned/Dried Foods**

whole wheat dry penne pasta or pasta of choice

low sodium vegetable broth (if needed)

good extra-virgin olive oil *(if needed)*

truffle oil or truffle infused olive oil *(if needed)*

low-sodium soy sauce or tamari (if needed)

balsamic vinegar (if needed)

Chinese, garlic pepper sauce *(if needed)*  
  
prepared mustard *(if needed)*honey *(if needed)*

hot pepper flakes *(if needed)*

white wine to cook with (if needed)

**Frozen Foods**large, frozen, deveined and tetailed, cooked shrimp (if needed)

**Meat/Fish/Poultry  
Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)