**Fried Apple/Gorgonzola Pizza and Salad**

**Produce**

garlic *(if needed)*

1 red onion

red or green leaf lettuce *(if needed)*

cucumber *(if needed)*

cherry tomatoes *(if needed)*

1 apple of choice

**Canned/Dried Foods**low-sodium vegetable broth *(if needed)*

white wine for cooking *(if needed)*

**Frozen Foods**

2 premade Frozen pizza crusts *(if not using premade raw pizza dough)*

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain nonfat yogurt*(if needed)*

shredded Parmesan cheese *(if needed)*

crumbled Gorgonzola cheese *(if needed)*

Field Roast Apple Sausage or equivalent plant-based product

1 package raw pizza dough *(option if not using frozen pizza crusts)*

1 C. leftover white sauce *(from fridge at home)*