**Linguini with Clam Sauce**

**Produce**

garlic (if needed)

yellow onion (if needed)

red or green leaf lettuce (if needed)

cucumber(if needed)

1 red bell pepper  
  
fresh fennel bulb   
  
9 oz. cremini mushrooms

cherry tomatoes(if needed)

1 lemon (if needed)

**Canned/Dried Foods**

4 oz. whole wheat, quinoa or regular linguini pasta

two 6 oz. cans chopped clams

Low-sodium vegetable broth (if needed)

cornstarch (if needed)  
  
dried basil leaves (if needed)

dried oregano leaves (if needed)  
  
dried thyme leaves (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

nonfat milk *(if needed)*

plain, nonfat yogurt(if needed)