**Marinara Orzo with Spinach and Shrimp**

**Produce**

garlic (if needed)

sweet or yellow onion(if needed)

Red or green leaf lettuce (if needed)

10 oz. baby spinach

1 cucumber (if needed)

1 pint cherry tomatoes

toasted sunflower or pumpkin seeds (if needed)

**Canned/Dried Foods**

orzo pasta

one 15 oz. can no salt chopped tomatoes

one 15 oz. can regular tomato sauce

good olive oil *(if needed)*

balsamic vinegar(if needed)

dry basil leaves(if needed)

dry oregano leaves(if needed)

red wine for cooking(if needed)

**Frozen Foods**

Large frozen raw, shelled and deveined shrimp *(if no fresh available)*

**Meat/Fish/Poultry**

6 large, raw, shelled and deveined shrimp (use frozen if necessary)

**Chilled Foods/Dairy**

shredded Parmesan cheese(if needed)