**Meatloaf and Quinoa Polenta**

**Produce**

garlic (if needed)

1 yellow onion

1 medium head cauliflower

1 lemon

**Canned/Dried Foods**

quinoa (if needed)

one 15 oz. can no salt diced tomatoes

one 15 oz. can tomato sauce

8 oz. dried breadcrumbs (if needed)

dry basil leaves (if needed)

dry oregano leaves (if needed)

dried rosemary (if needed)

dried thyme (if needed)

red wine to cook with (if needed)

**Frozen Foods**

plant-based ground product of choice(if eating meatless)

**Meat/Fish/Poultry**

1 lb. lean ground beef(if eating meat)

**Chilled Foods/Dairy**

butter (if needed)

eggs (if needed)