**Spiral Pasta with Mushroom Sauce**

**Produce**

garlic (if needed)

yellow onion(if needed)

one 9 oz. bag cremini mushrooms

red or green leaf lettuce (if needed)

cucumber(if needed)

cherry tomatoes(if needed)

1 apple

**Canned/Dried Foods**

whole wheat spiral pasta (if needed)

low-sodium vegetable broth(if needed)

bay leaf (if needed)

dried thyme leaves (if needed)

dried rosemary leaves (if needed)

cornstarch(if needed)

white wine to cook with (if needed)

**Frozen Foods**

Plant-based Chick’n strips of choice (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast(if eating meat)

**Chilled Foods/Diary**

butter *(if needed)*

plain, nonfat yogurt (if needed)

shredded Parmesan cheese(if needed)