**Swedish Meat Balls**

**Produce**

garlic (if needed)

2 yellow onions

1 red bell pepper  
  
9 oz. sliced white or cremini mushrooms

1 lb. broccoli

3 lbs. russet potatoes

1 lemon

**Canned/Dried Foods**

two 32 oz. boxes low-sodium vegetable broth

two 15 oz. cans whole cranberries

unseasoned breadcrumbs (if needed)

thyme leaves (if needed)

dried oregano leaves *(if needed)*

dried basil leaves *(if needed)*

ground nutmeg (if needed)

ground nutmeg *(if needed)*

bay leaf (if needed)

**Frozen Foods**

16 oz. plant-based ground of choice (if eating plant-based)

**Meat/Fish/Poultry**

one half lb. ground turkey breast *(if eating meat)*  
and   
one-half pound lean ground beef (if eating meat)

**Chilled Foods/Dairy**

plain, nonfat yogurt

milk(if needed)

butter (if needed)

eggs *(if needed)*