**White Pizza and Salad**

**Produce**

garlic (if needed)

onion (if needed)

red bell pepper (if needed)

red or green leaf lettuce (if needed)

cucumber(if needed)

9 oz. cremini mushrooms

cherry tomatoes (if needed)

**Canned/Dried Foods**

low sodium vegetable broth (if needed)

dry oregano leaves(if needed)

**Frozen Foods**

1 package premade pizza crusts (if not making homemade crust)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan(if needed)

nonfat, plain yogurt (if needed)

Field Roast apple sausage (or equivalent plant-based saucage)