**Sunday March Wk 1 Potato Leek Soup**

**Produce**

garlic (if needed)

1 yellow onion

2 large leeks

1 head green leaf lettuce

fresh dill (if needed)

1 cucumber

4 medium red potatoes

1 pint cherry tomatoes

1 Granny Smith apple

**Canned/Dried Foods**

two 32 oz. boxes low-salt vegetable broth

unseasoned bread crumbs (if needed)

unbleached flour (if needed)

bay leaf *(if needed)*

dry oregano leaves

ground cinnamon *(if needed)*

dry rosemary leaves *(if needed)*

dry thyme leaves *(if needed)*

white wine to cook with *(if needed)*

**Frozen Foods**

12 oz. ground meat substitute (if going meatless)

**Meat/Fish/Poultry**

16 oz. ground turkey breast  (if eating meat)

**Chilled Foods/Dairy**

Plain, nonfat yogurt *(if needed)*

Nonfat milk *(if needed)*eggs *(if needed)*

smoky tempeh