**Friday, Pizza Night**

**Produce**

garlic(if needed)

yellow onion (if needed)

1 head red leaf lettuce

1 cucumber

red bell pepper (if needed)

5 oz. Crimini mushrooms

cherry tomatoes

1 fresh nectarine

**Canned/Dried Foods**

low-sodium vegetable broth (if needed)

White Grapefruit Balsamic or white balsamic vinegar (if needed)

Tabasco sauce (if needed)

Dijon Mustard (if needed)

dry oregano leaves(if needed)

cornstarch (if needed)

white wine to cook with (if needed)

**Frozen Foods**

1 Pre-made, thin pizza crust

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

plain, nonfat yogurt (if needed)

Field-Roast apple sausage