**Falafel Roll-ups with Tabbouleh**

**Produce**

garlic (if needed)

1 sweet onion

1 bunch green onions

1 head green leaf lettuce *(if needed)*1 bunch curly parsley2 cucumbers
cherry tomatoes *(if needed)*2 lemons

**Canned/Dried Foods**

8 oz. bulgur *(if needed)*low sodium vegetable broth (if needed)

rice wine vinegar (if needed)prepared mustard (if needed)tahini *(if needed)*honey (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

Crumbled feta cheese (if needed)

1 package 10” whole wheat tortillas

low fat or vegan mayonnaise *(if needed)*

7 falafel pieces (from freezer or fridge at home)