**White Pizza and Salad**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 red onion

fresh arugula (if needed)

red or green leaf lettuce  (if needed)

1 cucumber (if needed)

2 medium red potatoes

1 pint cherry tomatoes (if needed)

**Canned/Dried Foods**

Low-sodium vegetable broth (if needed)

dry oregano leaves (if needed)

cornstarch (if needed)

white wine to cook with (if needed)

**Frozen Foods**

1 packaged frozen pizza crusts or homemade pizza crusts

**Chilled Foods/Dairy**

 nonfat milk *(if needed)*

shredded Parmesan (if needed)

nonfat, plain yogurt (if needed)

Gorgonzola crumbles

Field Roast apple sausage (if needed)