**TLT Sandwich with Leftover Soup**

 **Produce**

            lettuce (if needed)

cucumber (if needed)

           1 slicing tomato

cherry tomatoes(if needed)

           **Canned/Dried Foods**

            lowfat Mayonnaise (if needed)

            catsup (If needed)

            **Chilled Food/Dairy**

            Smoky Tempeh

 Leftover bean soup

**Additional Items**

Good whole-grain bread *(if needed)*