**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)*