**Grilled Polenta with Puttanesca Sauce**(Assuming you have leftover Polenta and Marinara Sauce)

**Produce**

garlic (if needed)

1 yellow onion

1 medium green pepper

5 oz. Crimini mushrooms

one 6 inch zucchini

one 6 inch yellow summer squash

1 carrot

**Canned/Dried Foods**

pitted calamata olives (if needed)

capers (if needed)

**Frozen Foods**

**Meat/Fish/Poultry

1 Italian sausage of choice (if eating meat)**

**Chilled Foods/Dairy**

shredded Parmesan (if needed)

Polenta from fridge (from fridge at home)

Marinara Sauce (from fridge)

1 Beyond Meat Italian Sausage or equivalent (if eating meatless)