**Greek Salad**

**Produce**  
garlic *(if needed)*

1 red onion (if needed)  
  
1 sweet onion (if needed)

1 head Romaine lettuce

1 bunch fresh basil

fresh parsley *(if needed)*

1 cucumber (if needed)

red bell pepper (if needed)

green bell pepper (if needed)

1 lemon

1 lime

1 avocado

4 Roma Tomatoes

**Canned/Dried Foods**  
one 15 oz. can garbanzo beans

rice wine vinegar (if needed)

good olive oil *(if needed)*

peanut butter *(if needed)*red wine vinegar *(if needed)*

Dijon mustard (if needed)

**pitted Calamata olives *(if needed)*dried oregano *(if needed)***

**Frozen Foods**  
**Meat/Fish/Poultry**  
**Chilled Foods/Dairy**  
crumbled feta cheese *(if needed)*

1 seeded baguette