**Crab Cakes July**

**Produce**

garlic *(if needed)*

yellow onion

1 bunch fresh spinach or 1 large bag baby spinach

1 bunch curly parsley

1 cucumber

1 red bell pepper

celery

1 pint strawberries

1 lemon

3 oz. sliced almonds

**Canned/Dried Foods**

Quinoa

Unseasoned bread crumbs *(if needed)*

Low-sodium veggie broth *(if needed)*

balsamic vinegar*(if needed)*

Dijon mustard *(if needed)*

ground fennel seed *(if needed)*

ground paprika*(if needed)*

ground coriander*(if needed)*

bay leaf *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

10 oz. fresh, cooked crab meat

**Chilled Foods/Dairy**

eggs  *(if needed)*

nonfat milk

Parmesan cheese *(if needed)*