**Monday, African Roasted Chicken with Root Vegetables and Lemon Red Sauce**

**Produce**

1 large garnet yam (if you didn’t cook last night)

2 medium purple or red potatoes (if you didn’t cook last night)

2 medium carrots (if you didn’t cook last night)

1 rutabaga (if you didn’t cook last night)

1 sweet onion

1 lemon

**Canned/Dried Foods**

quinoa (if needed)

two 15 oz. cans no-salt tomato sauce

red wine to cook with(if needed)

dry basil leaves (if needed)

dry oregano leaves(if needed)

**Frozen Foods**

None today

**Meat/Fish/Poultry**

None today (2 small cooked chicken breasts from freezer - if eating meat)

**Chilled Foods/Dairy**

1 package Beyond Chicken Strips (if eating meatless)