**Monday, Baked Potato and Broccoli**

**Produce**

1 yellow onion

10 ounces broccoli

2 large red potatoes 12 oz.

1 lemon

2 kiwis

**Canned/Dried Foods**

 bay leaf (if needed)

white wine to cook with (if needed)

**Frozen Foods**

frozen peas (if needed)

**Meat/Fish/Poultry**

**1 package bacon of choice *(if eating meat)***

**Chilled Foods/Dairy**

smoky tempeh (if meatless)

plain, nonfat yogurt(if needed)

butter(if needed)