**Grilled Vegetable Feast**

**Produce**

garlic (if needed)

1 sweet onion

1 bunch basil leaves

2 red bell peppers

three fourth lb. broccoli

2 medium zucchinis

2 large carrots

fresh melon of choice

1 lemon

1 piece ginger root

**Canned/Dried Foods**

one 15 oz. can tomato sauce

low-sodium vegetable broth (if needed)

low-sodium soy sauce (if needed)

balsamic vinegar *(if needed)*

rice wine vinegar (if needed)

Prepared mustard *(if needed)*

molasses or sorgum *(if needed)*Worchestershire sauce *(if needed)*

chili powder *(if needed)*

dried oregano leave *(if needed)*

cayenne pepper *(if needed)*

white wine to cook with (if needed)

**No Frozen Foods or Meat Today**

**Chilled Foods/Dairy**