**Thursday, Saged Greens with Lentils**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 bunch chard or mustard greens

fresh sage leaves

1 fennel bulb

**Canned/Dried Foods**

1 C. dry brown or green lentils

quinoa (if needed)

low sodium vegetable broth *(if needed)*

high-heat canola oil (if needed)

good, extra-virgin olive oil (if needed)

low-sodium soy sauce or tamari (if needed)

balsamic vinegar(if needed)

bay leaf(if needed)

white wine to cook with(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled feta cheese

**Additional Items**

1 package gauze tea bags *(if needed for use as a spice packet)*