**Sunday, White Chili**

**Produce**

garlic (if needed)

one yellow onion

1 head red leaf lettuce

1 cucumber

celery (if needed)

2 jalapeno peppers

1 green bell pepper

1 red bell pepper

10 oz. cherry tomatoes

**Canned/Dried Foods**

one 32 oz. box low sodium veggie broth

12 oz. dried white navy beans (if cooking beans) or three 15 oz. cans white navy beans (if not cooking beans)

ground cloves (if needed)

white pepper (if needed)

ground cumin (if needed)

chili powder (if needed)

cayenne pepper (if needed)

dried oregano leaves (if needed)

**Frozen Foods**

8-9 oz. un-breaded plant-based chicken substitute, like: Morningstar Chik’n strips  (if going meatless)

**Meat/Fish/Poultry**

8 oz. turkey breast fillet (if eating meat)

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)   
nonfat milk (if needed)

**Additional Items**

1 loaf artisan bread of choice