**Sunday, Hungarian Cabbage Rolls**

**Produce**  
garlic (if needed)

1 large yellow onion

1 large head green cabbage

fresh dill

1 bunch radishes

2 lemons

2 new Honeycrisp apples

2 oz. sliced almonds

**Canned/Dried Foods**  
brown rice (if needed)

2 quarts sauerkraut

one 15 oz. can tomato sauce

one 15 oz. can no-salt diced tomatoes

brown sugar (if needed0

paprika (if needed)

dill weed (if no fresh dill available)

ground allspice (if needed)

chipotle chili powder (if needed)

low-sodium veggie broth (if needed)

**Frozen Foods**  
two packages Beyond Meat ground beef substitute (if meatless)

**Meat/Fish/Poultry**1 lb. lean ground beef (if eating meat)

**Chilled Foods/Dairy** eggs (if needed)  
buttermilk (if needed)

**Additional Items** whole grain rolls