**Italian-style Fish Soup and Salad**

**Produce**  
garlic (if needed)

1 yellow onion

1 fennel bulb

celery (if needed)

red or green leaf lettuce (if needed)

cucumber (ifneeded)

one 6 inch zucchini

red bell pepper (if needed)

green bell pepper (if needed)

6 oz. crimini mushrooms

cherry tomatoes (ifneeded)

2 nectarines

**Canned/Dried Foods**

one 32 oz. box low sodium veggie broth.

one 28 oz. can no-salt chopped tomatoes   
*you can substituted two 15 oz. cans*

thyme leaves (if needed)

dry basil leaves(if needed)

oregano leaves(if needed)

dry rosemary leaves (if needed)

bay leaf (if needed)

red wine to cook with(if needed)

**Frozen Foods**

Frozen cooked or raw, shelled and deveined shrimp *(if no fresh shrimp available)*

**Meat/Fish and Poultry**

4 oz. fresh raw or cooked, shelled and deveined shrimp *(buy frozen if no fresh available)*

**NO Chilled Foods/ Dairy**

**Additional Items**loaf of Artisan bread or whole grain rolls