**Mushroom Cheese Omelet**

**Produce**

garlic (if needed)

1 yellow onion *(if needed)*

1 head leaf lettuce

1 cucumber

6 crimini mushrooms

1 pint cherry tomatoes

1 orange     
  
**Canned/Dried Foods  
  
whole grain bread (if needed)**

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

1 package Smoky Tempeh  
  
butter (if needed)  
  
eggs (if needed)

nonfat milk (if needed)

sharp cheddar cheese (if needed)