

Produce:

- 2 medium potatoes
- 2 medium sweet potatoes
- 1 small onion
- 2 medium carrots
- 1 zucchini
- 1 cup grape **tomatoes**
- **1 lemon**

Meat:

- 1 lb ground turkey
- 1 lb boneless, skinless chicken breasts
- ½ lb lean ground beef
- 2 cans low-sodium tuna

Canned/Dry Goods:

- 1 can low-sodium diced tomatoes
- 1 can low-sodium black beans
- 1 cup dry lentils
- 2 cups whole wheat pasta

Frozen:

- 1 cup frozen peas
- 1 cup frozen green beans

Dairy:

- ½ cup shredded cheddar cheese