



Email

Meat

Dairy

1/2 cup low-fat plain yogurt

Parmesan

Bread

1 slice of bread

Produce

1/2 teaspoon freshly ground black pepper

1 large red bell pepper

1 cup white grape juice or pear juice

1 large sweet onion (I used Vidalia onion)

1 1/2 pounds Garnet sweet potatoes, cut into 1/8-inch rounds

1/2 avocado (peeled and pitted)

1 pint (16 ounces) strawberries, hulled and quartered

pinch of dried herbs like thyme, oregano, or fennel (optional)

Juice from one lemon

1 medium zucchini

1 cup frozen blueberries

Lime juice

1 medium cucumber, peeled, seeded, and cut into 1-inch pieces

Pantry

1/4 cup honey

2 teaspoons distilled white vinegar

1/2 cup Italian Salad Dressing (I like Newman's Own Olive Oil and Vinegar Dressing for this, be sure to use a dressing with oil as the first ingredient.)

Olive oil

4 teaspoons vegetable oil

Salt

Misc. Ingredients

Extra items: