**Barbecued Grilled Tofu Sweet Corn and Salad**

**Produce**  
garlic (if needed)

1 yellow onion

1 head red leaf lettuce

fresh garlic or regular chives

1 cucumber

1 red pepper

4 ears sweet corn

6 medium red potatoes

cherry tomatoes

2 lemons

2 nectarines

1 oz. pecan halves

**Canned/Dried Foods**

one 15 oz. can tomato sauce

one 32 oz. box, low-sodium vegetable broth

white truffle oil *(if needed)*

balsamic vinegar (if needed)

low-sodium soy sauce or Tamari (if needed)

Dijon mustard (if needed)

Brown sugar or molasses *(if needed)*

thyme leaves (if needed)

Rosemary leaves (if needed)

oregano leaves (if needed)

bay leaf (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

6 skinless chicken breasts *(if eating meat)*

**Chilled Foods/Dairy**  
1 lb. ultra firm tofu *(if eating plant-based)*

3 oz. capricho cheese