**African Chicken and Roasted Root Vegetables**

**Produce**  
garlic (if needed)

1 sweet onion

1 bunch green onions

fresh basil leaves

1 head lettuce (if needed)

1 cucumber(if needed)

1 large carrot

1 large golden potato

1 rutabaga

3 medium sized beets

cherry tomatoes *(if needed)*

1 lemon

**Canned/Dried Foods**

one 15 oz. can no salt chopped tomatoes

one 15 oz. can tomato sauce

red pepper flakes (if needed)

oregano leaves (if needed)

basil leaves (if needed)

ground cumin (if needed)

ground coriander (if needed)

caraway seeds (if needed)

**Frozen Foods**

Morningstar Chik’n Strips or equivalent product (if eating meatless)

**Meat/Fish/Poultry**

2 boneless skinless chicken breasts (if eating meat)

**Dairy**  
plain, nonfat yogurt