**Sunday, Middle Eastern Kabobs and Saffron Rice**

**Produce**  
garlic (if needed)

yellow onion *(if needed)*

red onion *(if needed)*

1 bunch green onions *(if needed)*

one bunch fresh parsley   
  
1 red bell pepper

1 cucumber

one medium slicing tomato

1 lemon  
  
8 oz. fresh pineapple cubes

**Canned/Dried Foods**  
Brown basmati rice *(if needed)*

One package vegetable bullion cubes or No-chicken bullion cubes

good olive oil (if needed)

rice wine vinegar(if needed)

cornstarch (if needed)

ground cumin (if needed)  
ground cinnamon (if needed)  
paprika (if needed)  
½ oz. saffron threads (if needed)  
pepper flakes (if needed)  
ground cumin (if needed)  
powdered turmeric (if needed)

**Frozen Foods**  
One package of Gardein Teriyaki Chick’n Strips *(if eating meatless)*

**Meat Fish/Poultry**  
One large boneless skinless chicken breast *(if eating meat)*

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)  
  
**Additional Items:**

whole-wheat pita bread

bamboo kabob skewers *(if needed)*