**Monday, Garlic Shrimp with Snow Peas**

**Produce**

garlic (if needed)

5 crimimi mushrooms

1 red bell pepper

1 medium yellow onion

fresh cilantro leaves

fresh basil leaves

9 oz. fresh snow peas (if no fresh available by frozen)

1 medium-sized carrot

1 ripe pear

1 piece fresh ginger root

**Canned/Dried Foods**

brown rice (if needed)

one 8 oz. can sliced water chestnuts

l sesame oil (if needed)

low-sodium vegetable broth (if needed)

low-sodium soy sauce (if needed)

rice wine vinegar (if needed)

white wine to cook with (if needed)

**Frozen Foods**

snow peas (if no fresh available)

large, raw shelled shrimp (if no fresh available)

**Meat/Fish/Poultry**

15 large shelled and deveined shrimp (can also use frozen)

**Chilled Foods/Dairy**