**Baked Potato with Caramelized Onions**

**Produce**

1 yellow onion

10 ounces broccoli

2 carrots (about 10 oz. total)

2 large red potatoes (14-16 oz. total)

1 avocado  
  
1 lemon

1 grapefruit

**Canned/Dried Foods**

Good olive oil *(if needed)*  
  
bay leaf (if needed)

white wine to cook with (if needed)

**Frozen Foods**

frozen peas (if needed)

**Meat/Fish/Poultry**

**1 package bacon of choice *(if eating meat)***

**Chilled Foods/Dairy**

smoky tempeh or tempeh bacon (if meatless)

plain, nonfat yogurt(if needed)

butter(if needed)