

Beverages

- 0.5 cup red wine

Rice, Cereal & Legumes

- 1 cup canned kidney beans, drained

Canned Goods

- 4 cups tomato sauce

Vegetables

- baby spinach 2 cups
- carrots 5
- celery 2 cups
- green beans 1 can (15 oz)
- zucchinis 3