**Lemon Chicken/Broccoli Stir Fry**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 red bell pepper

1 lb. broccoli

7 oz. medium Crimini mushrooms

2  lemons

**Canned/Dried Foods**

brown rice (if needed)

one 6 oz. can sliced water chestnuts

low-sodium vegetable broth(if needed)

honey(if needed)

Prepared mustard (if needed)

Low-sodium soy sauce(if needed)

rice wine vinegar (if needed)

cornstarch (if needed)  
  
white wine to cook with(if needed)

**Frozen Foods**

Morningstar Chick’n strips or equivalent product (if going meatless)

**Meat/Fish/Poultry**

2 boneless, skinless chicken breasts(if eating meat)

**Chilled Foods/Dairy**