**Terrific Teriyaki Chicken and Vegetables**

**Produce**

garlic (if needed)

1 yellow onion

1 sweet onion

red bell pepper (if needed)

8 oz. broccoli

Napa cabbage (if needed)

1 large carrot

5 oz. crimini mushrooms

1 piece ginger root

1 lime

**Canned/Dried Foods**

brown rice(if needed)

low sodium vegetable broth(if needed)

low sodium soy sauce (if needed)

Asian garlic pepper sauce(if needed)

brown sugar(if needed)

rice wine vinegar(if needed)

brown rice miso(if needed)

**Frozen Foods**

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

**Meat/Fish/Poultry**

1 boneless, skinless chicken breasts (if eating meat)

**Chilled Foods/Dairy**

orange juice(if needed)