**Avocado/Peach/Grilled Chicken Salad**

**Produce**

garlic (if needed)

1 bunch green onions

1 head red or green leaf lettuce

1 cucumber

1 Anaheim pepper

1 avocado

1 pint cherry tomatoes

2 limes

1 large ripe peach

2 ripe purple plums or one per person

**Canned/Dried Foods**

Sliced almonds *(if needed)*   
  
good olive oil (if needed)

**Frozen Foods**

Plant-based Chik’n Strips or similar plant-based product (if eating meatless)

**Meat/Fish/Poultry**

1 grilled, skinless chicken breast (if eating meat)

**Additional Items**

artisan bread of choice or good pita bread