**Barbecued Chicken with Creamed Peas and Potatoes  
Produce**

garlic

1 yellow onion

1 head leaf lettuce

cucumber

1-1/2 lb. peas in the pod (buy 12 oz. shelled, frozen peas if no fresh available)

6 ears sweet corn

12-14 new baby potatoes

2 lemons

cherry tomatoes

**Canned/Dried Foods**

one 15 oz. can tomato sauce

low sodium vegetable broth

whole cloves (if needed)

bay leaf (if needed)

ground nutmeg (if needed)

white wine to cook with (if needed)

**Frozen Foods**

frozen peas (if no fresh available)

Plant-based Chick’n Strips of choice (if eating meatless)

**Meat/Fish/Poultry**

8-10 boneless-skinless chicken breasts (if eating meat)

**Chilled Foods/Dairy**

 plain, nonfat yogurt  
  
nonfat milk *(if needed)*butter (if needed)