**Broccoli/Pineapple Stir Fry**

**Produce**

garlic (if needed)

1 yellow onion (if needed)

5 large cremini mushrooms

12 oz. broccoli

9 oz. fresh pineapple spears (if available – if not purchase canned chunks)

4 oz. sliced almonds

**Canned/Dried Foods**

brown rice (if needed)

low sodium vegetable broth *(if needed)*  
  
one 6 oz. can sliced water chestnuts   
  
one 6 oz. can pineapple chunks *(if no fresh available)*

sesame oil (if needed)

low sodium soy sauce(if needed)

Asian garlic pepper sauce *(if needed)*

rice wine vinegar *(if needed)*

coconut extract(if needed)

cornstarch(if needed)

**Frozen Foods**

None today

**Meat/Fish/Poultry**

None today

**Chilled Foods/Dairy**

1 package Asian style baked tofu *(if no marinated tofu at home)*

almond milk (or other milk of choice, if needed)