**Produce**

garlic *(if needed)*

Romaine lettuce

red bell pepper *(if needed)*

1 cucumber

1 lemon

2 Roma tomatoes or 6 cherry tomatoes

one apple

**Canned/Dried Foods**

low sodium vegetable broth *(if needed)*

good extra-virgin olive oil *(if needed)*

Dijon mustard *(if needed)*   
  
Worcestershire Sauce (if needed)

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

**Meat/Fish/Poultry**

Cooked chicken breast from freezer at home *(if eating meat)*

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

**Vegannaise *(if needed)***

**Additional Items**

A loaf of your favorite artisan bread