**Chicken Almond Stir Fry**

**Produce**

garlic (if needed)

1 yellow onion

fresh cilantro (if needed)

one half lb. broccoli

red bell pepper (if needed)

4 oz. cremini mushrooms

1 lime

1 watermelon

4 oz. slivered almonds

**Canned/Dried Foods**

brown rice (if needed)

one 8 oz. can sliced water chestnuts

sesame oil(if needed)

low sodium vegetable broth (if needed)

low sodium soy sauce (if needed)

cornstarch (if needed)

white wine to cook with(if needed)

**Frozen Foods**

Plant-based Chik’n Strips of choice (if plant-based)

**Meat/Fish/Poultry**

1 cooked skinless chicken breast (if eating meat)

**Chilled Foods/Dairy**

(if you do not want a whole watermelon, you may find precut in the chilled section.)