**Middle Eastern Kabobs and Saffron Rice**

**Produce**  
garlic (if needed)

yellow onion *(if needed)*

red onion *(if needed)*

1 bunch green onions *(if needed)*

one bunch fresh parsley   
  
1 red bell pepper

1 cucumber

one medium slicing tomato

1 lemon  
  
8 oz. fresh pineapple cubes

**Canned/Dried Foods**  
Brown basmati rice *(if needed)*

One package vegetable bouillon cubes or Not-chicken bouillon cubes

good olive oil (if needed)

rice wine vinegar(if needed)

cornstarch (if needed)

ground cumin (if needed)  
ground cinnamon (if needed)  
paprika (if needed)  
saffron threads (if needed)  
pepper flakes (if needed)  
ground cumin (if needed)  
powdered turmeric (if needed)

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

**Meat Fish/Poultry**  
One large boneless skinless chicken breast *(if eating meat)*

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)  
  
**Additional Items:**

whole-wheat pita bread

bamboo kabob skewers *(if needed)*