**Chicken and Mushrooms**

**Produce**

garlic *(if needed)*

yellow onion *(if needed)*

1 lb. fresh broccoli

9 oz. mushrooms

1 lemon

1 ripe nectarine

**Canned/Dried Foods**

brown rice *(if needed)*

Not Chick'n Bouillon cubes *(if needed)*  
or  
low-sodium vegetable broth

cornstarch*(if needed)*

dry thyme leaves *(if needed)*

dry rosemary leaves *(if needed)*

bay leaf *(if needed)*

white wine to cook with*(if needed)*

**Frozen Foods**

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

**Meat/Fish/Poultry**

2 boneless, skinless chicken breast *(if eating meat and if none in freezer)*

**Chilled Foods/Dairy**

plain, nonfat yogurt *(if needed)*