**Green Dinner Salad with Chicken Strips and Fresh Cherries**

**Produce**

Garlic *(if needed)*  
1 sweet onion

one head red or green leaf lettuce

fresh basil leaves *(if needed)*

1 cucumber

1 red bell pepper

1 yellow bell pepper

2 Roma tomatoes

2 C. Bing or similar variety fresh sweet cherries *(Use strawberries if no cherries are in)*one fourth cup pecan halves

**Canned/Dried Foods**

good olive oil *(if needed)*

low sodium vegetable broth*(if needed)*

honey*(if needed)*

*rice wine vinegar (if needed)*

Prepared mustard *(if needed)*

**Frozen Foods**

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

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast*(if eating meat and if no cooked chicken in freezer at home)*

**Chilled Foods/Dairy**

Gorgonzola or Blue Cheese crumbles (if needed)  
  
plain, nonfat yogurt*(if needed)***Additional Items**

whole-grain bread or artisan rolls