**Lemon Chicken/Broccoli Stir Fry**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 red bell pepper

1 lb. broccoli

7 oz. medium Cremini mushrooms

2 lemons

**Canned/Dried Foods**

brown rice (if needed)

low sodium vegetable broth(if needed)

low sodium soy sauce(if needed)

rice wine vinegar (if needed)

Prepared mustard (if needed)

Honey(if needed)

cornstarch (if needed)

white wine to cook with(if needed)

**Frozen Foods**

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

**Meat/Fish/Poultry**

3 boneless, skinless chicken breasts(if eating meat)

**Chilled Foods/Dairy**

None today