**Swiss Chard with Strawberries Peaches and Feta**

**Produce**

garlic (if needed)

1 yellow onion *(if needed)*

1 bunch chard

1 pint strawberries

1 fresh Nectarine or Peach

**Canned/Dried Foods**

quinoa(if needed)

low sodium veggie broth(if needed)

low sodium soy sauce (if needed)

balsamic vinegar (if needed)

**Frozen Foods**

Chickenless tenders (if going meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast (if eating meat)

**Chilled Foods/Dairy**

crumbled blue or Gorgonzola cheese