**Teriyaki Chicken and Vegetables**

**Produce**

garlic (if needed)

yellow onion (if needed)

one half head green cabbage

2 carrots

8 oz. broccoli

1 winter pear

1 piece ginger root

1 lime

**Canned/Dried Foods**

brown rice (if needed)

sesame oil(if needed)

low sodium soy sauce (if needed)

Asian garlic pepper sauce (if needed)

Low sodium veggie broth (if needed)

brown sugar(if needed)

rice wine vinegar(if needed)

**Frozen Foods**

Chickenless tenders (if eating meatless)

**Meat/Fish/Poultry**

1 boneless-skinless chicken breast(if eating meat and if none in freezer at home)

**Chilled Foods/Dairy**

orange juice  (if needed)