**Grocery List: Caesar Salad with Sliced Chicken**

**Produce**

garlic *(if needed)* Sweet or red onion *(if needed)*

Romaine lettuce

1 cucumber

red bell pepper *(if needed)*

6 medium cremini mushrooms

2 Roma tomatoes or 6 cherry tomatoes

1 lemon

one orange

**Canned/Dried Foods**

Low-sodium vegetable broth *(if needed)*

good extra-virgin olive oil *(if needed)*

Dijon mustard *(if needed)*   
  
Worcestershire Sauce (if needed)

**Frozen Foods  
  
Plant-based Chicken Strips of choice *(if eating plant-based)***

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast *(if eating meat)*

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

**Veganaise *(if needed)***

**Additional Items**

A loaf of your favorite artisan bread