**Chard with Dried Tart Cherry and Toasted Almonds**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 bunch chard

red bell pepper(if needed)

**Canned/Dried Foods**

8 oz. bulgur (if needed)

low-sodium vegetable broth (if needed)

low sodium soy sauce(if needed)

balsamic vinegar(if needed)

rice wine vinegar(if needed)

4 oz. slivered almonds (if needed)

4 oz. dried tart cherries(if needed)

white wine to cook with(if needed)

**Frozen Foods**

Chickenless Tenders *(if eating plant-based)*

**Meat/Fish/Poultry**

One cooked, skinless chicken breast *(if eating meat)*

**Chilled Foods Dairy**

blue or gorgonzola cheese crumbles *(if needed)*