**Don’s Fajitas**

**Produce**

1 head garlic(if needed)

1 yellow onion

leaf lettuce (if needed)

1 bunch fresh cilantro

1 green pepper

1 red pepper

1 Anaheim pepper

1 jalapeno pepper

1 bunch cilantro

2 limes

3 Roma tomatoes

**Canned/Dried Food**

one 15 oz. can pinto beans (if meatless - optional)

one 15 oz. can no-salt diced tomatoes

low-sodium vegetable broth (if needed)

chili powder (if needed)

ground cumin (if needed)

**Frozen Food**

chickenless tenders or Plant-based Chik’n Strips of choice (if eating plant-based)

**Meat Fish & Poultry**

2 boneless, skinless chicken breasts (if eating meat)

**Chilled Foods/Dairy**

Extra-sharp cheddar cheese

plain, nonfat yogurt (if needed)

1 pint fresh tomato salsa *(if not making quick low-sodium salsa)*