**Lemon Chicken/Broccoli Stir Fry**

**Produce**

1 lb. broccoli

garlic (if needed)

yellow onion (if needed)

1 red bell pepper

2 lemons

7 oz. medium Cremini mushrooms

**Canned/Dried Foods**

brown rice (if needed)

white wine to cook with(if needed)

low sodium veggie broth(if needed)

Honey(if needed)

Prepared mustard (if needed)

low sodium soy sauce(if needed)

rice wine vinegar (if needed)

cornstarch (if needed)

one 6 oz. can pineapple chunks

**Frozen Foods**

Plant-based Chickenless tenders (if going plant-based)

**Meat/Fish/Poultry**

3 boneless, skinless chicken breasts(if eating meat)

**Chilled Foods/Dairy**