**Mustard Glazed Chicken Breast**

**Produce**

16 oz. broccoli

10 small baby red potatoes (12 oz.)

1 lemon

1 Granny Smith or other tart apple

**Canned/Dried Food**

Low-sodium vegetable broth (if needed)

olive oil (if needed)

honey (if needed)

Dijon Mustard (if needed)

inexpensive white wine for cooking (if needed)

**Frozen Food**

Plant-based Chik’n Strips of choice (if going plant-based)

**Meat, Fish & Poultry**

2 boneless, skinless chicken breasts (if eating meat)

**Chilled Foods/Dairy**