**Lemon Chicken/Broccoli Stir Fry**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 red bell pepper

1 lb. broccoli

7 oz. medium Crimini mushrooms

2  lemons

**Canned/Dried Foods**

brown rice (if needed)

low sodium vegetable broth(if needed)

low sodium soy sauce(if needed)

rice wine vinegar (if needed)

Prepared mustard (if needed)

Honey(if needed)

cornstarch (if needed)

white wine to cook with(if needed)

**Frozen Foods**

Morningstar Chik’n Strips (if going meatless)

**Meat/Fish/Poultry**

3 boneless, skinless chicken breasts(if eating meat)

**Chilled Foods/Dairy**

None today