**Caesar Salad with Sliced Chicken**

**Produce**

Garlic (if needed)

1 sweet onion    
  
1 head Romaine or green leaf lettuce

1 cucumber

1 red bell pepper

4 oz. white or crimini mushrooms

2 Roma tomatoes

1 lemon

8 oz. fresh strawberries

**Canned/Dried Foods**

low sodium veggie broth (if needed)

1 tin of anchovies *(if needed and if you eat them)*

1/4 C. sliced almonds

**Frozen Foods**

Morningstar Chik’n Strips (if eating meatless)

**Meat/Fish/Poultry**

1 cooked chicken breast (from freezer at home)

**Chilled Foods/Dairy**

shredded Parmesan (if needed)

eggs (if needed)