**Bok Choy and Tomato Stir Fry Lemon Basil**

**Produce**

garlic (if needed)

1 yellow onion

1 bunch fresh basil

1 red bell pepper

1 lb. baby bok choy

1 large slicing tomato (if needed)

1 thumb fresh ginger

1 lemon  
  
¼ C. sliced almonds

**Canned/Dried Foods**

Brown rice (if needed)

Low-sodium vegetable broth *(if needed)*low-sodium soy sauce *(if needed)*

granulated sugar(if needed)

cornstarch(if needed)

**Frozen Foods   
  
1 package chickenless tenders**

**Meat Today**

**Chilled Foods/Dairy**