**Chicken Almond Stir Fry**

**Produce**

garlic (if needed)

1 yellow onion

fresh cilantro (if needed)

one half lb. broccoli

red bell pepper (if needed)

4 oz. crimini mushrooms

1 lime

1 watermelon

4 oz. slivered almonds

**Canned/Dried Foods**

brown rice (if needed)

one 8 oz. can sliced water chestnuts

sesame oil(if needed)

low sodium vegetable broth (if needed)

low sodium soy sauce (if needed)

cornstarch (if needed)

white wine to cook with(if needed)

**Frozen Foods**

1 package Morningstar Chik’n Strips or equivalent plant-based product (if plant-based)

**Meat/Fish/Poultry**  
  
1 cooked skinless chicken breast (if eating meat)

**Chilled Foods/Dairy**  
  
(if you do not want a whole watermelon, you may find precut in the chilled section.)