**Bok Choy Stir Fry**

**Produce**

garlic (if needed)

sweet onion (if needed)

2 bunches baby bok choy

red bell pepper (if needed)

6 oz. white mushrooms

1 orange

4 oz. slivered almonds

**Canned/Dried Foods**

quinoa (if needed)

one 6 oz. can sliced water chestnuts   
  
low sodium veggie broth(if needed)

sesame oil(if needed)

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

Asian garlic pepper sauce (if needed)

cornstarch (if needed)   
  
white wine for cooking (if needed)

**Frozen Foods**

chicknless tenders (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast(if eating meat)

**Chilled Foods/Dairy**