**Wednesday, Chicken Mushroom Omelet**

**Produce**

garlic (if needed)

1 yellow onion

1 head leaf lettuce

1 cucumber

9 ounces crimini mushrooms

1 pint cherry tomatoes

1 orange

**Canned/Dried Foods**

low-sodium veggie broth *(if needed)*

cornstarch (if needed)

dry thyme leaves (if needed)

dry rosemary leaves (if needed)

white wine to cook with (if needed)

**Frozen Foods**

Morningstar Chik’n strips (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast (if eating meat)

**Chilled Foods/Dairy**

eggs (if needed)

nonfat milk (if needed)

feta cheese crumbles (if needed)