**Teriyaki Chicken and Vegetables**

**Produce**

garlic (if needed)

yellow onion (if needed)

one half head green cabbage

8 oz. broccoli

2 carrots

1 piece ginger root

1 lime

1 winter pear

**Canned/Dried Foods**

brown rice (if needed)

Low-sodium vegetable broth (if needed)

sesame oil(if needed)

low sodium soy sauce (if needed)

rice wine vinegar(if needed)

Asian garlic pepper sauce (if needed)

brown sugar(if needed)

**Frozen Foods**

Chickenless tenders (if eating meatless)

**Meat/Fish/Poultry**

1 boneless-skinless chicken breast(if eating meat and if none in freezer at home)

**Chilled Foods/Dairy**

orange juice  (if needed)