**Greens with Tzatziki Sauce**

**Produce**

garlic (if needed)

1 sweet onion (if needed)

1 large bunch fresh chard – 12-14 oz.

1 small package fresh dill

1 medium cucumber

2 Roma tomatoes

1 lemon

1 apple

**Canned/Dried Foods**

good olive oil (if needed)

low sodium soy sauce(if needed)

low sodium veggie broth (if needed)

balsamic vinegar (if needed)

**Frozen Foods**

Chickenless tenders (if eating meatless)

**Meat/Fish/Poultry  None today**

**Boneless, skinless chicken breasts *(if eating meat)***

**Chilled Foods/Dairy**

crumbled feta cheese