**Tuesday, Swiss Chard with Peaches and Feta**

**Produce**

garlic *(if needed)*

yellow onion *(if needed)*

1 bunch chard

1 large or 2 medium peaches

2 oz.  sliced almonds

**Canned/Dried Foods**

Quinoa *(if needed)*

olive oil *(if needed)*

low sodium veggie broth*(if needed)*

low sodium soy sauce*(if needed)*

balsamic vinegar *(if needed)*

**Frozen Foods**

Chickenless tenders *(if going meatless)*

**Meat/Fish/Poultry**

1 cooked chicken breast *(If eating meat. From freezer at home)*

**Chilled Foods/Dairy**

crumbled feta cheese *(if needed)*