**Hot Chicken Salad**

**Produce**

garlic (if needed)

sweet onion (if needed)

1 head Romaine lettuce (if needed)

1 head green or red leaf lettuce (if needed)

1 bunch fresh basil leaves   
  
1 cucumber

one 6 inch zucchini

2 slicing tomatoes

1 lemon

1 nectarine or other seasonal fruit

**Canned/Dried Foods**

canola oil (if needed)

sesame oil (if needed)

rice wine vinegar (if needed)

low sodium soy sauce (if needed)

white wine to cook with

**Frozen Foods**

Morningstar Chik’n Strips (if eating meatless)

**Meat/Fish/Poultry**

a package of 6 skinless chicken breast (if  eating meat and no breasts in freezer at home)

**Chilled Foods/Dairy**

orange juice (if needed)