**Curried Kale with Pineapple**

**Produce**

garlic (if needed)

1 sweet onion

1 bunch Lacinato Kale

1 cucumber

8 oz. fresh pineapple spears(use canned if not available)

1 thumb ginger

1 oz. slivered almonds

**Canned/Dried Foods**

brown rice(if needed)

low-sodium vegetable broth (if needed)

one 8 oz. can pineapple chunks *(if no fresh available)*

olive oil (if needed)

low-sodium soy sauce (if needed)

rice wine vinegar(if needed)

cornstarch (if needed)

molasses (if needed)

coconut extract(if needed)

yellow curry powder (if needed)

ground turmeric (if needed)

**Frozen Foods**

**Chickenless tenders *(if eating meatless)***

**Meat today**

**1 cooked,, skinless chicken breast *(from freezer at home)***

**Chilled Foods/Dairy**