**Caesar Salad with Grilled Chicken**

**Produce**

1 red onion (if needed)

Romaine lettuce  
  
Arugula

1 cucumber (if needed)  
  
red bell pepper

jicama

10-12 cherry tomatoes

1 lemon

**Frozen Foods**

**1 package Morningstar Chick’n strips or Gardein Chik’n Strips (if eating meatless*)***

**Canned/Dried Foods**

low sodium vegetable broth (if needed)

prepared or Dijon mustard *(if needed)*worchechestershire sauce *(if needed)*garlic powder *(if needed)*

**Meat/Fish/Poultry**

leftover chicken breast *(if eating meat)*

**Chilled Foods/Dairy**

shredded Parmesan (if needed)  
  
Mayonnaise or Vegannaise (if needed)

**Additional Items**

Artisan bread