

Shopping List

Produce

- 1 orange
- 1 piece of ginger
- Garlic
- 1 yellow onion
- 1 bell pepper
- 2 carrots
- 4 oz. sugar snap peas

Meat/Poultry

- 1 pound chicken tenderloins

Center aisles*

- 8 oz can sliced water chestnuts
- 8 oz brown rice
- Cornstarch
- 1 can (15 oz) chicken broth, low sodium
- Soy sauce, low sodium
- Sriracha sauce or any other hot sauce (optional)
- Canola oil

**You may already have
some of these items in
your pantry*