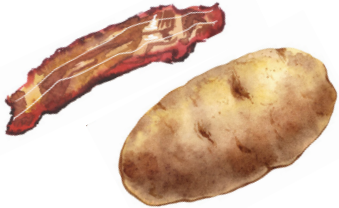


POULTRY



Teriyaki Chicken

with Brown Rice

and

Bacon Ranch Loaded potato

Produce

Broccoli, 2 medium heads or 6 cups florets
Cilantro, 8 stems
Green onions, 2
Potatoes, Yukon Gold, 1 pound

Meat

Bacon, 8 ounces
Chicken breasts, boneless, skinless, 3 pounds

Dairy

Cheddar cheese, shredded, 2 ounces
(1/2 cup)

Pantry

Coconut aminos, 12 fluid ounces (1 ½ cups)
Fish sauce, ¼ teaspoon
Olive oil, extra-virgin, 2 tablespoons
Ranch dressing, 2 fluid ounces (¼ cup)
Rice, brown, uncooked, 6.3 ounces (1 cup)
Sesame oil, toasted, 2 teaspoons
Vinegar, rice wine, 1 ½ tablespoons

Seasonings

Garlic powder, ½ teaspoon
Ginger, ground, ½ teaspoon
Sesame seeds, black, 1 teaspoon