**Don’s Fajitas de Verano**

**Produce**

garlic (if needed)

sweet onion (if needed)

red or green leaf lettuce (if needed)

1 bunch cilantro leaves

1 green bell pepper

1 red bell pepper  
  
1 jalapeno pepper  
  
1 Anaheim pepper

2 ripe acocados

one 6 inch zucchini

3 Roma tomatoes

2 limes

1 orange

**Canned/Dried Foods**

One 15 oz. can no-salt diced tomatoes  
  
low sodium veggie broth (if needed)

chili powder (if needed)

ground cumin (if needed)

**Frozen Foods**

Morningstar Chik’n Strips (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast (if eating meat)

**Chilled Foods/Dairy**

nonfat, plain yogurt (if needed)

2 oz. extra sharp cheddar cheese

whole wheat flour tortillas

quick tomato salsa (leftovers or freshly made)