



Cheezy Chicken Broccoli Pockets

Meat

- 5 Chicken breast

Produce

- 1 large head Broccoli
- 1 cloves Garlic

Condiments

- 1 tsp Dijon mustard

Baking & Spices

- 1 Salt and pepper

Bread & Baked Goods

- 14 Flour tortillas

Dairy

- 1 1/2 cup Cheddar
- 2 oz Cream cheese
- 2 cup Skim milk