**Sunday, Baked Wild Salmon with Mango Salsa and Grilled Polenta**

**Produce**

garlic (if needed)

1 medium yellow onion

1 bunch chard

one bunch cilantro

one Anaheim Pepper

one Jalapeno pepper

one lime

1 mango

**Canned/Dried Foods**

8 oz. polenta style cornmeal

one 15 oz. can no-salt chunky tomato sauce

one 32 oz. box low-sodium vegetable broth

olive oil(if needed)

sesame oil (if needed)

low sodium soy sauce(if needed)

balsamic vinegar(if needed)

Asian garlic pepper sauce (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

24 oz. wild salmon

**Chilled Foods/Dairy**

1 pint fresh tomato salsa (if not making quick, low-sodium salsa)

shredded Parmesan(if needed)

one 16 oz. package ultra-firm tofu

orange juice (if needed)