**Fish Tacos**

**Produce**

garlic (if needed)

sweet onion(if needed)

Red or green leaf lettuce (if needed)

fresh cilantro leaves (if needed)

Napa or savoy cabbage (if needed)

1 Jalapeno pepper   
  
1 Anaheim pepper

2 ripe avocados

1 lime

2 large purple plums

**Canned/Dried Foods**

one 15 oz. can no-salt diced tomatoes

sesame oil (if needed)

rice wine vinegar (if needed)

**No Frozen Foods or Meats Today**

**Chilled Foods/Dairy**

plain nonfat yogurt(if needed)

cheddar cheese (if needed)

soft 6 " flour or corn Tortillas (if needed)