**Friday, Salmon Rice Bowl**

**Produce**

garlic (if needed)

sweet onion (if needed)

red or green leaf lettuce (if needed)  
  
fresh cilantro(if needed)

 Napa Cabbage (if needed)

cucumber(if needed)

6 oz. broccoli *(if no leftover broccoli)*

1 piece ginger root

cherry tomatoes (if needed)

**Canned/Dried Foods**

sesame oil (if needed)

balsamic vinegar (if needed)

low sodium soy sauce (if needed)

rice wine vinegar(if needed)  
  
dill pickle (if needed)

**Chilled Foods/Dairy**

plain, nonfat yogurt(if needed)

fresh tomato salsa(if needed)

one cooked salmon filet (fridge at home)