**Grocery List: Fish Tacos, April**

**Produce**

garlic *(if needed)*

1 yellow onion *(if needed)*

Napa or Savoy cabbage*(if needed)*

cilantro leaves *(if needed)*

red bell pepper *(if needed)*

green bell pepper *(if needed)*

1 jalapeno pepper

1 Anaheim pepper

1 lemon

1 lime

2 avocados

1 Grapefruit

**Canned/Dried Foods**

low sodium vegetable broth *(if needed)*

one 15 oz. can no-salt, diced tomatoes *(if making quick, low-sodium salsa)*

vegan mayonnaise *(if needed)*

chili powder*(if needed)*

**Meat/Fish/Poultry**

1 leftover piece of cooked fish*(from fridge at home)*

**Chilled Food/Dairy**

quark or thick, plain, nonfat yogurt*(if needed)*

2 oz. sharp cheddar cheese

soft flour or corn Tortillas

commercial, fresh tomato salsa *(if needed)*