Grocery List Baked Salmon with Baked Potato Fries

**Produce:**

garlic (if needed)

sweet onion (if needed)

1 bunch fresh cilantro (if needed)

14 oz. broccoli

1 carrot

2 medium (10 oz. total) russet potatoes

fresh ginger (if needed)

1 lemon

**Canned/Dried Foods:**

 sesame oil (if needed)

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

**Frozen Foods:**

**Meat/Fish/Poultry:**

1 lb. fresh salmon fillet (buy in 3 fillets)

**Chilled Foods/Dairy**