**Dinner Salad with Baked Cod, Quinoa and Asian Dressing**

**Produce**

garlic (if needed)

sweet onion

red or green leaf lettuce(if needed)

fresh basil or cilantro leaves

green bell pepper (if needed)

1 cucumber

1 carrot

16 cherry tomatoes *(if needed)*

one orange

1 piece fresh ginger

**Canned/Dried Foods**

low sodium vegetable broth (if needed)  
  
sesame oil(if needed)

low sodium soy sauce or tamari (if needed)

rice wine vinegar (if needed)

Prepared mustard (if needed)

Asian pepper sauce (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

leftover cooked quinoa (in fridge at home)

Leftover cod fillet (in fridge at home)