**Baked Salmon with Dill**

**Produce**

 garlic (if needed)

yellow onion *(if needed)*  
  
1 bag organic, baby arugula

fresh dill (if available)

1 lemon

1 bunch curly parsley

2 oz. sliced almonds

2 lemons

1 orange (if not using canned Mandarin oranges)

**Canned/Dried Foods**

one 8 oz. can drained mandarin orange sections (if not using fresh orange)

low-sodium vegetable broth *(if needed)*

low-sodium soy sauce (if needed)

dry dill leaves (if needed)

**Frozen Foods:**

**Meat/Fish/Poultry**

10 oz. fresh salmon

**Chilled Foods/Dairy**

cooked quinoa from fridge at home