**Grocery List Tuna Dinner Salad**

**Produce**

1 sweet onion

10-12 leaves red or green leaf lettuce

Napa cabbage (if needed)

One bunch fresh basil leaves

1 cucumber

red bell pepper

green bell pepper

1 carrot

16 cherry tomatoes

2 Satsuma oranges  
  
1 oz. sunflower seeds

**Canned/Dried Foods**

good extra-virgin olive oil (if needed)

one 6 oz. can chunk light tuna - packed in water *(if needed)*

capers (if needed)low sodium vegetable broth (if needed)

low sodium soy sauce (if needed)

balsamic vinegar (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

**Additional items**

1 baguette or a couple of artisan rolls