**Fish Tacos**

**Produce**

garlic (if needed)

sweet onion (if needed)

Napa cabbage (if needed)

red leaf lettuce (if needed)

1 jalapeno pepper

1 Anaheim pepper

2 Roma tomatoes

fresh cilantro

2 limes

1 lemon

2 kiwi (one per diner)

**Canned/Dried Foods**

one 15 oz. can no-salt chopped tomatoes

sesame oil(if needed)

capers (if needed)

low-fat or vegan mayo (if needed)

**No Meat Today**

**Chilled Foods/Dairy**

sharp cheddar cheese (if needed)

1 pint fresh tomato salsa (if not making quick low-sodium salsa)

plain, nonfat yogurt (if needed)

leftover fish(from fridge at home)