**Asian Rice Bowl**

**Produce**

garlic *(if needed)*onion *(if needed)*

fresh basil leaves*(if needed)*

red or green leaf lettuce *(if needed)*

cucumber *(if needed)*

Napa cabbage *(if needed)*

3 Roma tomato about 16 cherry tomatoes *(if needed)*fresh ginger root *(if needed)*

**Canned/Dried Foods**

low-sodium vegetable broth*(if needed)*

sesame oil *(if needed)*

rice wine vinegar *(if needed)*

low-sodium soy sauce *(if needed)*

Dijon mustard*(if needed)*

honey *(if needed)*

**Frozen Foods**

Chickenless tenders *(if eating meatless)*

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast *(if no cooked breast at home)*

**Chilled Foods/Dairy**

leftover cooked rice*(in fridge at home)*

leftover stir fry *(in fridge at home)*