**Asian Rice Bowl**

**Produce**

red or green leaf lettuce *(if needed)*

Napa cabbage *(if needed)*

cucumber *(if needed)*

2 Roma tomatoes or 8 cherry tomatoes *(if needed)*

**Canned/Dried Foods**

Low-sodium vegetable broth *(if needed)*

Tamari sauce *(if needed)*

rice-wine vinegar *(if needed)*

**Frozen Foods**

Chickenless tenders *(if meatless)*

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

leftover rice *(from fridge at home)*

leftover stir fry *(from fridge at home)*1 cooked, boneless, skinless chicken breast *(if eating meat – from fridge at home)*