**Baked Salmon, Couscous Pilaf**

**Produce**

garlic (if needed)

1 yellow onion

1 bunch green onions

1 bunch fresh cilantro leaves

1 bunch Italian parsley

1 bunch of beet greens

1 medium carrot

1 lemon

**Canned/Dried Foods**

Couscous *(if needed)*

one 32 oz. box low-sodium vegetable broth

balsamic vinegar (if needed)

Asian garlic pepper sauce (if needed)

Low-sodium soy sauce (if needed)

rice wine vinegar (if needed)

honey (if needed)curry powder (if needed)

ground cumin (if needed)

**Frozen Foods**

frozen peas (if needed)

**Meat/Fish/Poultry**

three 5 oz. salmon fillets

**Chilled Foods/Dairy**