**Baked Salmon with Roasted Cauliflower and Lemon Scallion Rice**

**Produce**

fresh cilantro leaves

1 bunch Italian parsley

1 bunch green onions (if needed)

1 small head of cauliflower (about 12 oz.)

1 serrano pepper

cherry tomatoes (if needed)

2 lemons

1 lime

**Canned/Dried Foods**

brown rice(if needed)

sesame oil (if needed)  
  
fenugreek seeds   
  
black peppercorns

walnuts (if needed)

low-sodium soy sauce (if needed)

Asian garlic pepper sauce (if needed)

**Frozen Foods**

**Frozen peas *(if needed)***

**Meat/Fish/Poultry**

1 lb. fresh salmon fillets(buy in 3 equal fillets)

**Chilled Foods/Dairy**