**Chef’s Salad**

**Produce**  
1 sweet onion (if needed)

1 bunch green onions

curly parsley (if needed)

1 head red or green leaf lettuce

red cabbage

Napa cabbage

1 cucumber

1 red bell pepper

1 green bell pepper

1 pint cherry tomatoes

1 nectarine

**Canned/Dried Foods**

Good olive oil *(if needed)*

rice wine vinegar

Dijon mustard

**Frozen Foods**

chickenless tenders (if eating meatless)

**Meat/Fish/Poultry**  
1 chicken breast (if eating meat and if none in freezer at home)

2 oz. thin-sliced ham (if eating meat)

**Chilled Food/Dairy**  
plain, nonfat yogurt (if needed)

eggs (if needed)

crumbled gorgonzola cheese

plant-based ham slices (if eating meatless)

**Additional Items**

Whole grain artisan bread or rolls (if needed