**Chef’s Salad**

**Produce**

garlic(if needed)

sweet onion (if needed)

1 bunch green onions *(if needed)*  
  
1 head red or green leaf lettuce   
  
fresh basil leaves *(if needed)*

1 cucumber

red bell pepper (if needed)  
  
fresh fennel bulb  
  
Napa Cabbage (if needed)

1 pint cherry tomatoes *(if needed)*

**Canned/Dried Foods**

good olive oil(if needed)

rice wine vinegar(if needed)

Dijon mustard(if needed)

**Frozen Foods**

Plant-based Chick’n Strips of choice *(if eating meatless)*

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast *(if eating meat)*¼ lb. deli-sliced ham *(if eating meat)*

**Chilled Foods/Dairy**

Plain, nonfat yogurt *(if needed)*eggs (if needed)

**Yves veggie ham *(if eating plant-based)***

**Additional Items**

1 loaf artisan bread