**Grilled Halibut with Poke Sauce, Lemon Scallion Rice and Bok Choy**

**Produce**

1 yellow onion

1 bunch green onions

1 bunch Italian parsley

fresh cilantro leaves

2 bunches baby bok choy

Fresh ginger root

one 9 oz. package cremini or white mushrooms

1 lemon

**Canned/Dried Foods**

brown rice *(if needed)*

low sodium veggie broth *(if needed)*

low sodium soy sauce*(if needed)*

rice-wine vinegar *(if needed)*

sesame oil

sesame seeds

Asian garlic pepper sauce *(if needed)*

**Frozen Foods**
16 oz. halibut or cod fillets

**Meat/Fish/Poultry**

16 oz. Halibut or Cod fillets *(if not using frozen)*

**Chilled Foods/Dairy**