**Japanese Noodles and Broccoli**

**Produce**

garlic (if needed)

one bunch green onions (if needed)

savoy cabbage (if needed)

red bell pepper (if needed)

yellow bell pepper (if needed)

1/2 lb. broccoli

5 medium, white or cremini mushrooms

1 lime

one fourth Cup roasted peanuts

**Canned/Dried Foods**

sesame oil (if needed)

high heat canola oil (if needed)

low sodium vegetable broth (if needed)

Asian garlic/pepper sauce (if needed)

brown rice miso *(if needed)*

rice wine vinegar (if needed)

9 oz. dry Udon noodles

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

1 package Asian style baked tofu

one half chilled melon (if needed)