**Japanese Udon Noodles with Bok Choy**

**Produce**

garlic (if needed)

1 bunch green onions

1 bunch baby bok choy

2 white mushrooms

1 medium carrot

1 avocado

2 Roma tomatoes

1 lemon

1 orange

 fresh ginger root

2 oz. peanuts

**Canned/Dried Foods**

9 oz. whole-wheat udon noodles

low sodium vegetable broth (if needed)

1 package Not Chick’n bouillon cubes

rice wine vinegar (if needed)

Asian hot pepper sauce (if needed)

low-sodium soy sauce (if needed)

brown-rice miso

wasabi paste

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods**

Eggs *(if needed)*