**Teriyaki Salmon Rice Bowl**

**Produce**

garlic (if needed)

1 yellow onion (if needed)

savoy or Napa cabbage

1 head red or green leaf lettuce   
  
green onions

Fresh fennel  
  
red bell pepper

1 cucumber

1 pint cherry tomatoes

1 lime

1 piece fresh ginger root

**Canned/Dried Foods**  
bulgur (if needed)  
  
low-sodium vegetable broth (if needed)

good extra-virgin olive oil(if needed)

sesame oil(if needed)

low sodium soy sauce(if needed)

balsamic vinegar (if needed)

Asian garlic pepper sauce(if needed)

brown sugar (if needed)

rice wine vinegar(if needed)

**Frozen Foods**

frozen peas(if needed)

**Meat/Fish/Poultry**leftover salmon and rice in fridge at home  
  
**Chilled Foods/Dairy**  
orange juice(if needed)