**Grocery List Teriyaki Kale and Mango over Coconut Rice**

**Produce**

garlic (if needed)

1 sweet onion *(if needed)*

1 bunch lacinato kale

1 piece fresh ginger root

1 fresh mango

1 lime

**Canned/Dried Food**

Brown rice(if needed)

one 32 oz. box low-sodium vegetable broth *(if needed)*

one 8 oz. can sliced water chestnuts

sesame oil (if needed)

coconut extract *(if needed)*  
  
low-sodium soy sauce (if needed)

rice wine vinegar (if needed)

orange juice *(if needed)*

brown sugar (if needed   
  
Asian garlic pepper sauce (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy  
  
nonfat milk or almond milk (if needed)**

2 squares marinated/grilled tofu - 7 oz. - (in fridge at home)

or

7 oz. Asian baked tofu