**Baked Salmon Dinner**

**Produce**

clove garlic (if needed)

1 medium-sized sweet onion   
  
1 bunch fresh parsley

1 bunch fresh cilantro

2 bunches baby bok choy or 1 bunch adult bok choy

3 medium red potatoes

1 thumb-sized piece fresh ginger

1 lemon

**Canned/Dried Foods**

sesame oil (if needed)

low-sodium soy sauce (if needed)

rice wine vinegar (if needed)

**Meat/Fish/Poultry**

10 oz. fresh salmon fillets plus one 6 oz. cod fillet

**Frozen Foods**

**Chilled Foods/Dairy**