**Baked Cod with Bok Choy**

**Produce**

garlic*(if needed)*

yellow onion *(if needed)*

1 bunch green onions

1 bunch Italian parsley

1 lb. Bok Choy

celery *(if needed)*

grape or cherry tomatoes *(if needed)*

2 lemons

**Canned/Dried Foods**

brown rice*(if needed)*

one 15 oz. can no-salt chopped or diced tomatoes

low-sodium vegetable broth*(if needed)*

sesame oil *(if needed)*

rice wine vinegar*(if needed)*

dry oregano leaves*(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

three 5 oz. cod fillets

**Chilled Foods/Dairy**