**Fish Tacos**

**Produce**

garlic (if needed)

sweet onion(if needed)

Red or green leaf lettuce (if needed)

fresh cilantro leaves (if needed)

Napa or savoy cabbage (if needed)

1 Jalapeno pepper   
  
1 Anaheim pepper

2 ripe avocados

1 lime

2 kiwis or other seasonal fruit of choice

**Canned/Dried Foods**

one 15 oz. can no-salt diced tomatoes

sesame oil (if needed)

low fat or vegan mayo (if needed)

dill pickle (if needed)

capers (if needed)

rice wine vinegar (if needed)

**No Frozen Foods**

**Meat/Fish/Poultry**

**6 oz. fresh cod**

**Chilled Foods/Dairy**

plain nonfat yogurt(if needed)

cheddar cheese (if needed)

commercial tomato salsa (if not making low-salt tomato salsa)

soft 6 " flour or corn Tortillas (if needed)