**Chef’s Salad**

**Produce**

sweet onion (if needed)

1 head leaf lettuce

1 bunch fresh basil leaves

Napa cabbage (if needed)

purple cabbage

1 cucumber (if needed)

red bell pepper (if needed)

green bell pepper (if needed)

1 pint cherry tomatoes

1 apple or pear

**Canned/Dried Foods**

rice wine vinegar (if needed)

Dijon mustard (if needed)

**Frozen Foods**

chickenless tenders (if eating meatless)

**Meat/Fish/Poultry**

1 skinless chicken breast(if eating meat)

2 oz. sliced deli ham (if eating meat)

**Chilled Foods/Dairy**

eggs(if needed)

extra-sharp cheddar cheese

plain, nonfat yogurt

meatless ham slices(if eating meatless)