

RECIPE: FISH TORTILLA WRAP

CONDIMENTS & OIL

Olive oil, 0.33 fl oz.

FRUITS

Avocado, 1 whole

Lemon or lime, 1/2

SPICES & SEASONINGS

Sea salt, 1 pinch

Cumin seeds, 1 pinch

VEGETABLES

Garlic, 1 clove

Green onion, 0.5

Cherry tomato, 20 whole

Fresh cilantro, 0.07 oz.

CONDIMENTS & OIL

Extra virgin olive oil, to taste

MISCELLANEOUS

Fresh mahi-mahi, salmon, or halibut, 20 oz.

Roasted corn on the cob, 2

Fresh corn tortillas, 4

Whole baby spring carrots, 9

Asparagus spears, spring scallions, whole baby carrots, 6-9 each

Organic black beans, 1 can or 16 oz.

Queso fresco cheese or Monterey Jack, 4 oz.

Baby arugula, 3-4 cups