

Baking

- ☐ Panko breadcrumbs as needed

Fruits

- ☐ Lemon 1-2 units

Vegetables

- ☐ Celery 2 stalks
- ☐ Mexican zucchini 1 small
- ☐ Potatoes 2 cups
- ☐ Tomato 1 medium
- ☐ White or yellow onion $\frac{1}{4}$ unit
- ☐ Yellow peppers 3 units