Baking

- ◯ Panko breadcrumbs as needed

Vegetables

- ◯ Celery 2 stalks
- ◯ Mexican zucchini 1 small
- ◯ Potatoes 2 cups
- ◯ Tomato 1 medium
- ◯ White or yellow onion ¼ unit
- ◯ Yellow peppers 3 units

Fruits

- ◯ Lemon 1-2 units