

### **Beverages**

- ☐ Water 7 cups

### **Dairy**

- ☐ Milk 1 cup or more
- ☐ Queso fresco or cheese 2 cups

### **Snacks**

- ☐ Maiz tostado / cancha corn nuts / dryer corn 1 bag

### **Condiments & Spices**

- ☐ Achiote powder/paprika 1 tsp
- ☐ Cumin 2 tsp
- ☐ Ecuadorian tree aji hot sauce 1 bottle
- ☐ Oil 2 tbsp
- ☐ Salt to taste

### **Fruits**

- ☐ Avocados 1 unit

### **Vegetables**

- ☐ Cilantro 1 bunch
- ☐ Garlic 2 cloves
- ☐ Onion 1 white
- ☐ Potatoes 10 medium