

Bakery

- ☐ 1/2 cup panko bread crumbs

Dairy

- ☐ egg 1
- ☐ grated Parmesan 120g
- ☐ mayonnaise 200g

Fruits

- ☐ lime 1
- ☐ ripe Hass avocado 1

Rice, Cereal & Legumes

- ☐ basil 1 handful
- ☐ homemade or store-bought pesto 1 jar
- ☐ parsley 1 handful
- ☐ potato gnocchi 1 package

Condiments & Spices

- ☐ balsamic vinegar 1 tablespoon
- ☐ black pepper sufficient
- ☐ extra-virgin olive oil 1 bottle
- ☐ hot sauce 1 bottle
- ☐ kosher salt sufficient
- ☐ red-pepper flakes sufficient
- ☐ salt sufficient
- ☐ serrano chile 1 piece
- ☐ sherry vinegar 2 teaspoons

Seafood

- ☐ tostada shells 6
- ☐ tuna packed in oil 10 ounces

Meat

- ☐ 1 pound ground chicken

Vegetables

- ☐ cilantro cup
- ☐ cucumber 1
- ☐ garlic cloves 3
- ☐ Italian frying (cubanelle) pepper 1
- ☐ medium tomato 1
- ☐ mild onion 1
- ☐ red onion 1
- ☐ ripe red tomatoes 4 pounds