

Grocery List

Air Fryer Lemon Garlic Salmon with Asparagus



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S M T W T F S



Meats/Fish

Name	Qty
<input type="checkbox"/> salmon fillets	4
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Sauces/Spices

Name	Qty
<input type="checkbox"/> garlic cloves	2
<input type="checkbox"/> salt	1
<input type="checkbox"/> pepper	1
<input type="checkbox"/> olive oil	1
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Fruits

Name	Qty
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Bread/Grains

Name	Qty
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Veggies & Herbs

Name	Qty
<input type="checkbox"/> bunch asparagus	1
<input type="checkbox"/> fresh parsley	1
<input type="checkbox"/> lemon	1
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Drinks/Dairy

Name	Qty
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____