

Grocery List

Air Fryer Chicken & Veggie Stir-Fry



S M T W T F S



Meats

Name	Qty
<input type="checkbox"/> boneless, skinless	4
<input type="checkbox"/> chicken breasts	
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Sauces/Spices

Name	Qty
<input type="checkbox"/> olive oil	1
<input type="checkbox"/> low-sodium soy sauce	1
<input type="checkbox"/> garlic powder	1
<input type="checkbox"/> ginger powder	1
<input type="checkbox"/> salt	1
<input type="checkbox"/> pepper	1
<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"/> red bell pepper	1
<input type="checkbox"/> yellow bell pepper	1
<input type="checkbox"/> zucchini	1
<input type="checkbox"/> red onion	1
<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"/> _____	_____