

Grocery List

Air Fryer Chicken
Turkey Meatballs with
Zucchini Noodles



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"/> garlic cloves	2
<input type="checkbox"/> dried oregano	1
<input type="checkbox"/> dried basil	1
<input type="checkbox"/> salt	1
<input type="checkbox"/> black pepper	1
<input type="checkbox"/> marinara sauce	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"/> breadcrumbs	1
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Veggies & Herbs

Name	Qty
<input type="checkbox"/> medium zucchinis	4
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



Drinks/Dairy

Name	Qty
<input type="checkbox"/> grated parmesan cheese	1
<input type="checkbox"/> egg	1
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____