

# Grocery List

## Air Fryer Stuffed Bell Peppers Recipe



S M T W T F S



### Meats

Name	Qty
<input type="checkbox"/> lean ground beef	1
<input type="checkbox"/> or turkey	
<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"/> chili powder	1
<input type="checkbox"/> cumin	1
<input type="checkbox"/> paprika	1
<input type="checkbox"/> garlic powder	1
<input type="checkbox"/> salt	1
<input type="checkbox"/> black pepper	1



### 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"/> quinoa	1
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



### Veggies & Herbs

Name	Qty
<input type="checkbox"/> large bell peppers	4
<input type="checkbox"/> black beans	1
<input type="checkbox"/> diced tomatoes	1
<input type="checkbox"/> corn (fresh or frozen)	1
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____



### Drinks/Dairy

Name	Qty
<input type="checkbox"/> shredded low-fat cheese	1
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____