

Condiments & Spices

- ☐ Cayenne pepper $\frac{1}{2}$ tsp
- ☐ Chocolate-hazelnut spread $\frac{3}{4}$ cup
- ☐ Cooking spray 1 can
- ☐ Fresh ginger 6g
- ☐ Fresh lime juice 38g
- ☐ Honey or brown sugar 53g
- ☐ Italian seasoning 1.5tbsp
- ☐ Ketchup or cornstarch 19g
- ☐ Olive oil or avocado oil 2tbsp
- ☐ Oregano 1 tsp
- ☐ Sesame oil 6g
- ☐ Sesame seeds 37g
- ☐ Soy sauce 93g

Fruits

- ☐ Lime 1 unit
- ☐ Parsley 1 bunch
- ☐ Pineapple 1.25 small

Miscellaneous

- ☐ Garnish 1 pack

Dairy

- ☐ Butter 1.5 cup (340g)
- ☐ Cheddar/Provolone Cheese 0.5 cup

Meat

- ☐ Beef sirloin 1.25lb (567g)
- ☐ Chicken thighs 1.9lb (850g)

Vegetables

- ☐ Broccoli 150g
- ☐ Garlic 5-6 cloves
- ☐ Green bell pepper 1 large
- ☐ Green onion 150g
- ☐ Potatoes 1lb
- ☐ Red bell pepper 4 large (150g + 1 sliced + 1 cut into pieces)
- ☐ Red onion 2 medium
- ☐ Yellow onion 1 large
- ☐ Yellow pepper 1 large