Condiments & Spices

- ◯ Cayenne pepper ½ tsp
- ◯ Chocolate-hazelnut spread ¾ 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