

Condiments & Spices

- ☐ Black pepper $\frac{1}{2}$ tsp
- ☐ Cayenne pepper tsp
- ☐ Gluten-free soy sauce cup
- ☐ Herbamare seasoned salt 1tsp
- ☐ Honey 2tbsp
- ☐ Olive oil 2tbsp
- ☐ Sesame oil 1tbsp

Vegetables

- ☐ Garlic 2 cloves minced
- ☐ Ginger 1tbsp minced
- ☐ Red bell pepper 1
- ☐ Red onion $\frac{1}{2}$
- ☐ Yellow squash 1
- ☐ Zucchini 1

Meat

- ☐ Chicken breast 3 pieces