Condiments & Spices

- ◯ Black pepper ½tsp
- ◯ 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 ½
- ◯ Yellow squash 1
- ◯ Zucchini 1

Meat

- ◯ Chicken breast 3 pieces