

## Grocery List 2025-05-23

- ☐ 0 can - soup
- ☐ 0 count - big skyr
- ☐ 0 count - small skyr
- ☐ 0 count - milk
- ☐ 0 + 6 count - eggs
- ☐ 0 count - tuna packets
- ☐ 0 count - bananas
- ☐ 0 count - oatmeal
- ☐ 0 count - cottage cheese
- ☐ 0 count - protein waffles
- ☐ 0 count - greens
- ☐ 0 count - Water Jug
- ☐ 0 count - Sparkle Water
- ☐ 2 + 2 tablespoons - olive oil
- ☐ 1 count - onion
- ☐ 1 + 1/2 count - red bell pepper
- ☐ 4 + 2 count - garlic cloves
- ☐ 2 teaspoon - paprika spice
- ☐ 2 teaspoon - cumin
- ☐ 1/4 teaspoon - chili powder
- ☐ 1 can - peeled whole tomatoes
- ☐ 1 + 1 pinch - salt and pepper, to taste
- ☐ 1 small bunch - fresh cilantro, chopped
- ☐ 1 small bunch - fresh parsley, chopped
- ☐ 1 lb - boneless skinless chicken breast
- ☐ 2 cups - broccoli florets
- ☐ 1/2 count - yellow bell pepper
- ☐ 1/2 cup - baby carrots sliced
- ☐ 2 tsp - ginger
- ☐ 1 count - stir fry sauce