

Grocery List

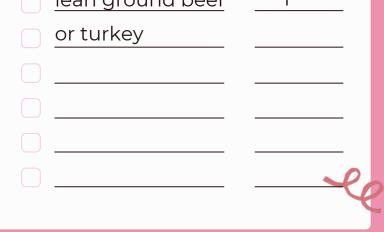
Air Fryer Stuffed **Bell Peppers** Recipe





Meats

Name	Qty
lean ground beef	_1
<u>or turkey</u>	
	4





Fruits

Name	Qty	



Veggies & Herbs

Name	Qty
large bell peppers	4
black beans	1
<u>diced tomatoes</u>	1
corn (fresh or frozen)	1



Sauces/Spices

Name	Qty
olive oil	1
chili powder	1
cumin	1
paprika	1
garlic powder	1
salt	1
<u>black pepper</u>	1



Bread/Grains

Name	Qty	
quinoa	1	



Drinks/Dairy

Name	Qty	
shredded low-fat cheese	1_	