

# Updated Meal Plan Shopping List

## Proteins

- 4 skinless chicken thigh fillets (about 340 g)

## Produce

- 3 pineapple rings
- 2 medium bell peppers
- Fresh parsley

## Pantry & Seasonings

- 1 tsp granulated garlic
- 1/2 tsp smoked sweet paprika
- 3/4 tsp kosher salt
- 3/4 tsp ground black pepper
- Avocado oil spray