

## Teriyaki Stir Fry Ingredient List

✓	Amount	Grocery Item
<input type="checkbox"/>	1	bottle of reduced sodium Soy Sauce
<input type="checkbox"/>	1	1/4 cup of Brown Sugar
<input type="checkbox"/>	1	2 tsp Salt
<input type="checkbox"/>	1	Pepper
<input type="checkbox"/>	1	cup of Rice
<input type="checkbox"/>	1	Green or Red Cabbage (1 head)
<input type="checkbox"/>	1	Onion
<input type="checkbox"/>	1-2	Carrot
<input type="checkbox"/>	1	Broccoli (1 head)
<input type="checkbox"/>	1	Garlic (1 head)
<input type="checkbox"/>	1	Optional Protein: Chicken or Tofu,
<input type="checkbox"/>	1	Optional ginger