

# real food<sup>WITH</sup>

**EASY EVERYDAY RECIPES**

## Sarah

### PRODUCE

- ☐ Shallot
- ☐ Spinach
- ☐ Small Potatoes
- ☐ Red Onion
- ☐ Yellow Onion
- ☐ Carrots
- ☐ Red Bell Pepper
- ☐ Garlic Cloves
- ☐ Parsley
- ☐ Cilantro
- ☐ Fresh Broccoli Florets
- ☐ Lemon

### MEAT/ PROTEIN

- ☐ Boneless, Skinless Chicken Breasts
- ☐ Bone-in Chicken Thighs
- ☐ Ground Beef

### DAIRY/ EGGS

- ☐ Egg
- ☐ Butter
- ☐ Parmesan on the Rind
- ☐ Ricotta
- ☐ Shredded Mozzarella

### PANTRY

- ☐ Salt
- ☐ Black Pepper
- ☐ Olive Oil
- ☐ Red Pepper Flakes
- ☐ Italian Seasoning
- ☐ Cayenne Pepper
- ☐ Garlic Powder
- ☐ Onion Powder
- ☐ Paprika
- ☐ Smoked Paprika
- ☐ Ground Coriander
- ☐ Full-Fat Coconut Milk
- ☐ Sun-Dried Tomatoes
- ☐ Chickpeas
- ☐ White Wine
- ☐ Brown Sugar
- ☐ Barbecue Sauce
- ☐ Marinara Sauce
- ☐ Chicken Broth

### BREAD/ STARCH

- ☐ Pearl Couscous
- ☐ Jumbo Shell Pasta