

real food^{with} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Lemon
- ☐ Lime
- ☐ Bell Peppers
- ☐ Shallot
- ☐ Red Onion
- ☐ Yellow Onion
- ☐ Tomato
- ☐ Lettuce
- ☐ Broccoli
- ☐ Avocado
- ☐ Garlic Cloves
- ☐ Fresh Parsley

MEAT/ PROTEIN

- ☐ Ground Chicken
- ☐ Boneless Ribeye Steak
- ☐ Ground Pork

DAIRY/ EGGS

- ☐ Butter
- ☐ Eggs
- ☐ Parmesan
- ☐ Cheddar Cheese

PANTRY

- ☐ Olive Oil
- ☐ Salt
- ☐ Black Pepper
- ☐ Smoked Paprika
- ☐ Cayenne Pepper
- ☐ Chili Powder
- ☐ Garlic Powder
- ☐ Cumin
- ☐ Turmeric
- ☐ Oregano
- ☐ Tomato Paste
- ☐ Tomato Sauce
- ☐ Green Olives
- ☐ Anchovy Paste
- ☐ Worcestershire Sauce
- ☐ Dijon Mustard

BREAD/ STARCH

- ☐ Cavatelli Pasta
- ☐ Hamburger Buns
- ☐ Tortillas
- ☐ White Rice