

# real food<sup>WITH</sup> Sarah

**EASY EVERYDAY RECIPES**

## PRODUCE

- ☐ Garlic - 7 cloves
- ☐ Lemon - 0.5 count
- ☐ Lime - 1 each
- ☐ Red Bell Pepper - 2 each
- ☐ Green Bell Pepper - 1 each
- ☐ Sweet Onion - 1 each
- ☐ Yellow onion - 1 each
- ☐ Broccoli - 2 cups
- ☐ Avocado - 1 each
- ☐ Cilantro - 0.25 cup
- ☐ Shredded Lettuce - 1 package
- ☐ Carrots - 2 count
- ☐ Celery - 2 stalks
- ☐ Fresh Basil Leaves - 5 count
- ☐ Fresh Thyme - 2 sprigs
- ☐ Fresh Rosemary - 1 sprig
- ☐ Fresh ginger - 1 tbsp

## MEAT/ PROTEIN

- ☐ Boneless Skinless Chicken Breasts - 2 pounds
- ☐ Sweet or Spicy Italian Sausage - 1 pound
- ☐ Wild-caught Shrimp - 1 pound
- ☐ Ground Beef or Pork - 1 pound

## DAIRY/ EGGS

- ☐ Greek or Skyr Yogurt - 0.25 cup
- ☐ Butter - 1 tbsp
- ☐ Grated Parmesan Cheese - 1 count

## PANTRY

- ☐ Extra Virgin Olive Oil - 6 tbsp
- ☐ Coconut aminos or soy sauce - 0.25 cups
- ☐ Sesame oil - 2 tps
- ☐ Honey - 1 tbsp
- ☐ Apple cider vinegar - 1 tsp
- ☐ Tomato Paste - 3 tbsp
- ☐ Crushed Tomatoes - 28 ounces
- ☐ Kosher Salt - 1.5 tsp
- ☐ Black Pepper - 2 tsp
- ☐ Sesame seeds - 1 tsp
- ☐ Paprika - 1 tsp
- ☐ Chili Powder - 1 tsp
- ☐ Garlic Powder - 1 tsp
- ☐ Cayenne Pepper - 0.25 tsp
- ☐ Dry Red Wine - 1 cup

## BREAD/ STARCH

- ☐ Corn or Flour Tortillas - 1 each
- ☐ Hot Dog Buns/ Hoagie buns- 4 each
- ☐ Potato Gnocchi - 1 package