

real food^{WITH}

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- ☐ Garlic cloves - 10 cloves
- ☐ Ginger - 2 tbsp
- ☐ Cilantro - 2 tbsp
- ☐ Scallions - 1 tbsp
- ☐ Spinach - 2 cups
- ☐ Coleslaw mix- 2-3 cups
- ☐ Lime - 2 each
- ☐ Lemons - 3 each
- ☐ Avocado - 1 each

MEAT/ PROTEIN

- ☐ Ground chicken - 2 pounds
- ☐ Bone-in, skin-on chicken thighs - 4 each
- ☐ Flank, sirloin, or skirt steak - 1 pound
- ☐ Chicken breasts - 1 pound
- ☐ Prosciutto - 6 slices

DAIRY/ EGGS

- ☐ Unsalted butter - 2 tbsp
- ☐ Whole milk ricotta - 3/4 cup
- ☐ Mozzarella cheese - 1/2 cup

PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Black pepper
- ☐ Garlic powder - 1 tsp
- ☐ Onion powder - 1/2 tsp
- ☐ Cayenne powder - 1/4 tsp
- ☐ Red pepper flakes - 1 tsp
- ☐ Italian seasoning - 1 1/4 tsp
- ☐ Oregano - 1/2 tsp
- ☐ Soy sauce or coconut aminos - 3/4 cup
- ☐ Curry paste - 1 tbsp
- ☐ Brown sugar - 1 tbsp
- ☐ Sriracha - 1 tbsp
- ☐ Honey - 3 tbsp
- ☐ Chicken broth - 4 cups
- ☐ Rice vinegar - 1/2 tbsp
- ☐ Coconut milk - 2 x 15oz can
- ☐ Flour - 2 tbsp

BREAD/ STARCH

- ☐ Penne - 16 oz
- ☐ Corn or flour tortillas - 8 each
- ☐ Rice noodles - 10 ounces