

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Lemon - 2 count
- ☐ Fresh parsley - 1 count
- ☐ Garlic - 7 cloves
- ☐ Thyme - 2 sprigs
- ☐ Rosemary - 2 sprigs
- ☐ Yellow onion - 1 count
- ☐ Small potatoes - 1 pound
- ☐ Shallot - 1 small
- ☐ Spring peas - 1.5 cups
- ☐ Romaine lettuce - 6 cups
- ☐ Avocado - 1 count
- ☐ Cherry tomatoes - 1 cup
- ☐ Red onion - 0.25 cup

MEAT/ PROTEIN

- ☐ Cod filets - 4 count
- ☐ Whole chicken - 4.5 pounds
- ☐ Diced pancetta - 4 ounces
- ☐ Chicken breasts - 2 each
- ☐ Bacon - 4 slices
- ☐ Cooked chicken - 3 cups (use leftover whole chicken)

DAIRY/ EGGS

- ☐ Eggs - 5 each
- ☐ Heavy cream - 1 cup
- ☐ Parmesan cheese - 1.25 cups
- ☐ Feta or blue cheese - 0.5 cup
- ☐ Unsalted butter - 6 tbsp
- ☐ Milk - 3 cups
- ☐ Mozzarella cheese - 0.5 cups

PANTRY

- ☐ Salt
- ☐ Black pepper
- ☐ Olive oil
- ☐ Panko breadcrumbs - 1 cup
- ☐ Low-sodium chicken broth - 1 cup
- ☐ Balsamic vinegar - 0.25 cup
- ☐ Honey - 2 tbsp
- ☐ Dijon mustard - 1 tbsp
- ☐ All-Purpose flour - 2 cups
- ☐ Paprika - 0.5 tsp
- ☐ Italian seasoning - 0.5 tsp
- ☐ Smoked paprika - 1.5 tsp
- ☐ Garlic powder - 1 tsp
- ☐ Nutmeg - 0.5 teaspoons

BREAD/ STARCH

- ☐ Orecchiette pasta - 8 ounces
- ☐ Lasagna noodles - 1 pack