

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Yellow onion - 2.5 count
- ☐ Broccoli - 1 head
- ☐ Scallions - 2 count
- ☐ Fresh ginger - 1 inch
- ☐ Garlic - 9 cloves
- ☐ Mushrooms - 1 cup
- ☐ Fresh Parsley - 1 bunch
- ☐ Bell Peppers - 5 each
- ☐ Fresh Dill - 1 tbsp
- ☐ Lemon - 1 count
- ☐ Fresh Baby Spinach - 5 ounces
- ☐ Lettuce - 1 count
- ☐ Sliced tomato - 1 count

MEAT/ PROTEIN

- ☐ Lean ground beef - 1.5 pounds
- ☐ Chicken Thighs - 8 count
- ☐ Boneless Pork Loin Steaks - 4 each

DAIRY/ EGGS

- ☐ Crumbled Feta Cheese - 0.33 cups
- ☐ Butter - 1 tbsp

PANTRY

- ☐ Olive Oil

- ☐ Salt
- ☐ Black pepper
- ☐ Olive oil
- ☐ Coconut aminos - 0.5 cups
- ☐ Honey - 1.5 cups
- ☐ Apple cider vinegar - 1 tsp
- ☐ Sesame seeds - 1 serving
- ☐ Tomato Paste - 2 tbsp
- ☐ Chicken Broth - 0.5 cup
- ☐ Crushed Tomatoes - 28 ounces
- ☐ Diced Tomatoes - 29 ounces
- ☐ Italian Seasoning - 1 tsp
- ☐ Chickpeas - 15 ounces
- ☐ Paprika - 2 tsp
- ☐ Kosher Salt - 1.5 tsp
- ☐ Avocado oil - 1 count
- ☐ Hot sauce - 2 tbsp
- ☐ Red pepper flakes - 0.5 tsp
- ☐ Spicy mayo - 1 count
- ☐ Pickles - 1 count

BREAD/ STARCH

- ☐ Brioche buns - 4 count
- ☐ Cooked rice - 1 cup
- ☐ Couscous - 2 cups