

real food[®] WITH Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Garlic - 8 cloves
- ☐ Red onion - 1 each
- ☐ Shallot - 1 each
- ☐ Red pepper - 1 each
- ☐ Broccoli florets - 2 cups
- ☐ Lemon - 3 each
- ☐ Fresh parsley - 1 bunch
- ☐ Arugula - 2 cups

MEAT/ PROTEIN

- ☐ Chicken breasts - 4 each
- ☐ Italian chicken sausage (or any cooked sausage) - 1 package (5-6 links)
- ☐ Raw shrimp, peeled and deveined - 1 lb
- ☐ Ground chicken - 1 1/2 lb

DAIRY/ EGGS

- ☐ Eggs - 3
- ☐ Grated parmesan - 1 cup
- ☐ Butter - 7 tbsp
- ☐ Whole milk ricotta cheese - 15 oz

PANTRY

- ☐ Salt
- ☐ Black pepper
- ☐ Olive oil
- ☐ Cooking spray
- ☐ Garlic powder - 2 tsp
- ☐ Italian seasoning - 1 tsp
- ☐ Paprika - 1 tsp
- ☐ Red pepper flakes - 1/2 tsp (optional)
- ☐ Dijon mustard - 1 tbsp
- ☐ Capers - 4 tbsp
- ☐ Breadcrumbs - 1/2 cup
- ☐ Flour - 1 tbsp
- ☐ Chicken broth - 1/2 cup
- ☐ Dry white wine - 1/3 cup

BREAD/ STARCH

- ☐ Short pasta (penne, fusilli, or rigatoni) - 12 oz