

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

EASY EVERYDAY RECIPES

## PRODUCE

- ☐ Shallot - 1 each
- ☐ Garlic - 13 cloves
- ☐ Baby potatoes - 1.5 lbs
- ☐ Zucchini - 2 each
- ☐ Broccoli - 1 head
- ☐ Roma tomatoes - 4 each
- ☐ Fresh basil - 1 tbsp
- ☐ Lemon - 1 each
- ☐ Ginger - 1 tbsp

## MEAT/ PROTEIN

- ☐ Boneless, skinless chicken thighs - 4 lbs
- ☐ Salmon filets - 2 each
- ☐ Ground beef - 1 lb

## DAIRY/ EGGS

- ☐ Butter - 5 tbsp
- ☐ Parmesan cheese - 1/3 cup
- ☐ Egg - 1 each

## PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Black pepper
- ☐ Italian seasoning - 1/2 tsp
- ☐ Red pepper flakes - 3/4 tsp
- ☐ Onion powder - 1 tsp
- ☐ Balsamic vinegar - 1/3 cup
- ☐ Full-fat coconut milk - 1 can
- ☐ Coconut aminos or soy sauce - 1 cup
- ☐ Fish sauce or oyster sauce - 1 tbsp
- ☐ Honey - 1/2 cup
- ☐ Whole grain mustard - 1/3 cup
- ☐ Panko breadcrumbs - 1/4 cup
- ☐ Sriracha - 1 tbsp

## BREAD/ STARCH

- ☐ Cavatelli pasta - 8 oz
- ☐ Jasmine rice - 1 cup