

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Shallot - 2 each
- ☐ Garlic - 9 cloves
- ☐ Lemon - 1 each
- ☐ Fresh parsley - 0.25 cup
- ☐ Red bell pepper - 1 each
- ☐ Onion - 1 each
- ☐ Fresh Thai basil leaves - 1 cup
- ☐ Lime - 1 each
- ☐ Purple Cabbage - 1 count
- ☐ Avocado - 2 count
- ☐ Arugula - 8 ounces
- ☐ Mixed Greens - 8 ounces
- ☐ Strawberries - 1 pint

MEAT/ PROTEIN

- ☐ Ground Turkey - 1 pound
- ☐ Chicken breasts - 2 pounds
- ☐ Lean ground beef - 1 pound
- ☐ Wild-caught Cod - 1.5 pounds

DAIRY/ EGGS

- ☐ Cheddar Cheese - 4 slices
- ☐ Butter - 2 tbsp
- ☐ Parmesan cheese - 0.5 cup
- ☐ Low-fat Greek Yogurt - 0.5 cups
- ☐ Feta Cheese - 0.5 cups

PANTRY

- ☐ Extra Virgin Olive Oil - 2.5 cups
- ☐ Salt - 4 tsp
- ☐ Dijon Mustard - 2 tbsp
- ☐ Cooking Spray - 1 each
- ☐ Chicken broth - 0.5 cup
- ☐ Coconut milk - 1 cup
- ☐ Soy sauce - 2 tbsp
- ☐ Oyster sauce - 1 tbsp
- ☐ Fish sauce - 0.5 tsp
- ☐ Honey - 2 tsp
- ☐ Hot Sauce - 1 tbsp
- ☐ Champagne Vinegar - 0.33 cups
- ☐ Garlic Powder - 2.5 tsp
- ☐ Dried Oregano - 1 tsp
- ☐ Black Pepper - 2.5 tsp
- ☐ Paprika - 1 tsp
- ☐ Red pepper flakes - 0.5 tsp
- ☐ Smoked Paprika - 1 tsp
- ☐ Chili Powder - 1 tsp
- ☐ Cayenne Pepper - 0.25 tsp

BREAD/ STARCH

- ☐ Corn or Flour Tortillas - 1 count
- ☐ Bucatini - 12 ounces
- ☐ Brioche Buns - 4 count
- ☐ Jasmine rice - 1 cup