

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Fresh Basil - 1 cup
- Fresh Spinach - 1 cup
- Lemon - 0.5 count
- Garlic - 2 cloves
- Ginger - 2 teaspoons
- Red Onion - 1 count
- Zucchini - 1 count
- Lemon Juice - 1.5 cups
- Fresh Dill - 3 tbsp
- Fresh Parsley - 2 tbsp
- Bell peppers - 4 count
- Yellow Onion - 1 count

MEAT/ PROTEIN

- Chicken Breasts - 5 pounds
- Wild-caught Salmon - 1 pound
- Ground Pork - 1 pound

DAIRY/ EGGS

- Parmesan Cheese - 0.5 cups
- Egg - 3 each
- Greek Yogurt - 1.5 cups
- Mozzarella cheese - 8 ounces

PANTRY

- Extra Virgin Olive Oil
- Salt
- Black Pepper
- Paprika - 1 tsp
- Chili powder - 1 tsp
- Cayenne pepper - 0.25 tsp
- Cumin - 0.5 tsp
- Turmeric - 0.25 tsp
- Italian Seasoning - 1 tsp
- Cornstarch - 1 tbsp
- Coconut Aminos - 0.33 cups
- Apple Cider Vinegar - 1 tbsp
- Sesame Oil - 1 tsp
- Honey - 2 tbsp
- Garlic Powder - 1.75 tsp
- Onion Powder - 1 tsp
- Panko Breadcrumbs - 0.5 cups
- Marinara sauce - 2 cups
- Pesto (use leftovers) - 0.5 cups
- Flour - 0.5 cups
- Juice from green olives - 0.25 cup
- Pitted green olives - 0.25 cup
- White rice - 1 cup
- Tomato Sauce - 8 ounces

BREAD/ STARCH

- Sub or hoagie rolls - 4 count
- Burger Buns - 4 count