

real food^{WITH}

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- Yellow onion - 1 each
- Red onion - 1/2 each
- Garlic - 3 cloves
- Ginger - 1.5 tbsp
- Lettuce - burger garnish
- Tomato - 1 large
- Fresh thyme - 2 sprigs
- Lemon - 1 each
- Lime - 2 each
- Fresh or frozen mango - 2 cups (1 fresh mango)
- Avocado - 1 each
- Cilantro - 1/4 cup

MEAT/ PROTEIN

- Ground turkey - 1lb
- Chicken leg quarters - 4 pieces
- White fish - 1.5 lbs
- Boneless, skinless chicken breasts - 1.5 lbs
- Ground beef - 1 lb

DAIRY/ EGGS

- Unsalted butter - 2 tbsp
- Eggs - 3 each
- Sliced cheese - 4 slices

PANTRY

- Salt
- Black pepper
- Olive oil
- Cooking spray
- Garlic powder - 4 tsp
- Onion powder - 2 tsp
- Chili powder - 1 tsp
- Cayenne pepper - 1/4 tsp
- Red pepper flakes - 1/2 tsp
- Cumin - 1/2 tsp
- Paprika - 3 tsp
- Smoked paprika - 1.5 tsp
- All-purpose flour - 1/2 cup
- Panko - 1.25 cups
- Mayonnaise - 1/2 cup
- Sweet chili sauce - 2 tbsp
- Sriracha - 2 tbsp
- Coconut aminos/ soy sauce - 1/2 cup
- Fish or oyster sauce - 1 tbsp
- Honey - 1 tbsp
- Ketchup - 1/4 cup
- Dijon mustard - 2 tbsp
- Relish - 2 tbsp

BREAD/ STARCH

- Burger buns - 4 each
- Tortillas - 8 each