

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

EASY EVERYDAY RECIPES

## PRODUCE

- Garlic - 7 cloves
- Cilantro - 2 tbsp
- Bell peppers - 4 count
- Red onion - 1 count
- Salsa - 1 count
- Guacamole - 1 count
- Lime - 2 count
- Arugula - 8 ounces
- Mixed Greens - 8 ounces
- Strawberries - 1 pint
- Avocado - 1 each
- Shallot - 1 small
- Fresh Parsley - 1.25 cups
- Lemon - 1 each
- Fresh basil - 1 bunch

## MEAT/ PROTEIN

- Flank Steak - 1 pound
- Chicken Breasts - 1 pound
- Ground Chicken - 1.5 pounds
- Cod filets - 4 count

## DAIRY/ EGGS

- Feta Cheese - 0.5 cups
- Grated Parmesan Cheese - 1.5 cups
- Shredded Mozzarella Cheese - 1 cup
- Eggs - 3 each
- Butter - 1.5 tbsp

## PANTRY

- Olive oil
- Salt
- Black pepper
- Orange juice - 0.25 cups
- Champagne Vinegar - 0.33 cups
- Dijon Mustard - 1 tbsp
- Cumin - 1 tsp
- Chili powder - 1.5 tsp
- Paprika - 1 tsp
- Smoked paprika - 0.5 tsp
- Cayenne pepper - 0.5 tsp
- Onion Powder - 1 tsp
- Garlic Powder - 1 tsp
- Italian Seasoning - 1 tsp
- Breadcrumbs - 0.5 cups
- Flour - 0.5 cups
- Panko breadcrumbs - 1 cup

## BREAD/ STARCH

- Tortillas - 8 each