

real food^{WITH}

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- English cucumber - 1 each
- Tomatoes - 2 each
- Red onion - 2 count
- Fresh parsley - 0.25 cups
- Lemon - 0.5 each
- Garlic cloves - 2 cloves
- Lime - 1 each
- Sliced Purple Cabbage or Slaw Mix - 1 count
- Diced Avocado - 1 count
- Yellow onion - 0.5 count
- Red bell pepper - 2 count
- Broccoli - 1 head
- Scallions - 2 count
- Fresh ginger - 1 inch
- Shallot - 1 each
- Cherry tomatoes - 0.5 cups
- Fresh spinach - 1.5 cups
- Fresh basil - 1 bunch
- Zucchini - 1 count

MEAT/ PROTEIN

- Wild-caught Cod - 1.5 pounds
- Lean ground beef - 1.5 pounds
- Chicken Breasts - 1 pound

DAIRY/ EGGS

- Feta cheese - 0.5 cups
- Low-fat Greek Yogurt - 0.5 cups
- Heavy cream - 0.5 cups
- Grated Parmesan - 0.5 cups

PANTRY

- Extra virgin olive oil
- Salt
- Black pepper
- Red wine vinegar - 0.25 cups
- Smoked Paprika - 1 tsp
- Chili Powder - 1 tsp
- Garlic Powder - 1.5 tsp
- Cayenne Pepper - 0.25 tsp
- Hot Sauce - 0.75 tbsp
- Coconut aminos - 0.75 cups
- Honey - 3 tbsp
- Apple cider vinegar - 2 tbsp
- Sesame seeds - 1 serving
- Tomato paste - 4 tbsp
- Red pepper flakes - 0.25 tsp
- Chicken broth - 2 cups
- Cornstarch - 1 tbsp
- Ginger - 2 teaspoons
- Sesame Oil - 1 tsp
- Kalamata olives - 0.5 cups
- Vodka - 1 ounce

BREAD/ STARCH

- Orzo - 1 cup
- Cooked rice - 4 servings
- Corn or Flour Tortillas - 8 each