

real food^{WITH}

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- English cucumber - 1 each
- Tomatoes - 6 each
- Red onion - 3 each
- Fresh parsley - 1.25 cups
- Lemon - 1 each
- Garlic cloves - 5 cloves
- Chopped Parsley - 1 bunch
- Ginger - 0.5 tbsp
- Coleslaw mix - 2 cups
- Lime - 0.5 count
- Avocados - 1 each
- Cilantro - 1 tbsp
- Lettuce - 1 each

MEAT/ PROTEIN

- Chicken Breasts - 2 each
- Flank, sirloin, or skirt steak - 1 pound
- Argentine Red Shrimp - 1 pound
- Ground Chicken - 1 pound

DAIRY/ EGGS

- Feta cheese - 0.5 cups
- Unsalted Butter - 2 tbsp
- Parmesan Cheese - 0.5 cups
- Cheddar Cheese - 4 slices

PANTRY

- Extra virgin olive oil
- Salt
- Black pepper
- Red wine vinegar - 0.25 cups
- Linguine - 8 oz
- Italian Seasoning - 1 tsp
- Coconut aminos or soy sauce - 0.25 cups
- Full Fat Coconut Milk - 1.5 cups
- Rice vinegar - 0.5 tbsp
- Brown sugar - 1 tbsp
- Sriracha - 2 tbsp
- Garlic powder - 1 tsp
- Smoked paprika - 2 tsp
- Dijon Mustard - 1 tbsp
- Kalamata olives - 0.5 cups

BAKERY

- Corn or flour tortillas - 1 count
- Hamburger Buns - 4 each