

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

EASY EVERYDAY RECIPES

## PRODUCE

- ☐ Yellow onion - 3 count
- ☐ Carrots - 4 count
- ☐ Celery stalks - 4 count
- ☐ Garlic cloves - 10 cloves
- ☐ Fresh basil - 0.25 cups
- ☐ Fresh thyme - 2 sprigs
- ☐ Zucchini - 1 count
- ☐ Lemon - 1 count
- ☐ Bell peppers - 3 count
- ☐ Shallot - 1 count
- ☐ Chopped Parsley - 1 count

## MEAT/ PROTEIN

- ☐ Bone-in chicken thighs - 2 pounds
- ☐ Chicken breasts - 4 each
- ☐ Ground pork - 1 pound
- ☐ Ground Chicken - 1.5 pounds

## DAIRY/ EGGS

- ☐ Eggs - 3 each
- ☐ Parmesan cheese - 0.5 cups
- ☐ Cheddar or mozzarella cheese - 1 each
- ☐ Butter - 5 tbsp

## PANTRY

- ☐ Extra virgin olive oil - 4 tbsp
- ☐ Salt - 4 tsp
- ☐ Crushed San Marzano tomatoes - 28 ounces
- ☐ Black pepper - 3 tsp
- ☐ Flour - 1.5 cups
- ☐ Italian seasoning - 1 tsp
- ☐ Plain breadcrumbs - 1 cup
- ☐ Pesto - 0.5 cups
- ☐ Tomato sauce - 8 ounces
- ☐ Paprika - 1 tsp
- ☐ Chili powder - 1 tsp
- ☐ Cayenne pepper - 0.25 tsp
- ☐ Cumin - 0.5 tsp
- ☐ Turmeric - 0.75 tsp
- ☐ Juice from green olives - 0.25 cup
- ☐ Pitted green olives - 0.25 cup
- ☐ White rice - 1 cup
- ☐ Breadcrumbs - 0.5 cups
- ☐ Garlic powder - 0.5 tsp
- ☐ Chicken Broth - 0.5 cups
- ☐ Capers - 4 tbsp
- ☐ Red wine - 0.5 cups
- ☐ Dry White Wine - 0.33 cups

## Bakery

- ☐ Sub or hoagie rolls - 4 count