

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Yellow Onion - 4 count
- ☐ Carrots - 4.5 count
- ☐ Garlic - 15 cloves
- ☐ Broccoli Florets - 1.5 pounds
- ☐ Diced Potatoes - 1 cup
- ☐ Bell Peppers - 2 count
- ☐ Fresh Basil - 1 bunch
- ☐ Fresh Rosemary - 1 tsp
- ☐ Apples - 2 count
- ☐ Brussels Sprouts - 2 cups
- ☐ Sweet Potatoes - 2 cups
- ☐ Fresh Thyme - 7 sprigs
- ☐ Celery Sticks - 2 count

MEAT/ PROTEIN

- ☐ Italian Sausage - 1 pound
- ☐ Bone-in Pork Chops - 2 pounds
- ☐ Chicken Thighs - 4 each
- ☐ Bone-in Beef Short Ribs - 3 pounds

DAIRY/ EGGS

- ☐ Butter - 2 tbsp
- ☐ Parmesan Rind - 1 count
- ☐ Grated Parmesan - 0.5 cup

PANTRY

- ☐ Salt - 4 count
- ☐ Black Pepper - 3 count
- ☐ Pasta of your choice - 12 ounces
- ☐ Olive oil - 3 tbsp
- ☐ Pepper - 1 count
- ☐ Extra Virgin Olive Oil - 2 tbsp
- ☐ Lemon - 2 each
- ☐ Mustard - 2 tbsp
- ☐ White Wine Vinegar - 1 tbsp
- ☐ Chicken Broth - 7 cups
- ☐ Kosher Salt - 1 count
- ☐ Flour - 0.25 cups
- ☐ Tomato Paste - 3 tbsp
- ☐ Beef Broth - 2 cups
- ☐ Bay Leaves - 2 count
- ☐ Dry White Wine - 0.25 cups
- ☐ Full-bodied Red Wine - 2 cups