

# real food<sup>WITH</sup>

EASY EVERYDAY RECIPES

## Sarah

### PRODUCE

- Garlic - 9 cloves
- Bell Peppers - 4 each
- Yellow Onion - 2 count
- Fresh Parsley - 2 tbsp
- Fresh Dill - 1 tbsp
- Lemon - 0.5 count
- Fresh Baby Spinach - 5 ounces
- Frozen spinach - 10 ounces
- Celery - 3 sticks
- Carrots - 3 count
- Yukon gold potatoes - 3 cups
- Fresh thyme - 1 sprig
- Fresh rosemary - 1 sprig
- Broccoli - 1 head
- Scallions - 2 count
- Fresh ginger - 1 inch

### MEAT/ PROTEIN

- Boneless, skinless chicken thighs - 5.25 pounds
- Ground Beef - 1 pound
- Pancetta - 4 ounces
- Lean ground beef - 1.5 pounds

### DAIRY/ EGGS

- Crumbled Feta Cheese - 0.33 cups
- Whole Milk Ricotta - 15 ounces
- Egg - 1 count
- Shredded Mozzarella - 1 cup
- Parmesan Cheese - 0.25 cups

### PANTRY

- Salt - 3 tsp
- Black pepper - 1 tsp
- Honey - 3 tbsp
- Soy sauce - 0.25 cups
- Apple cider vinegar - 2 tbsp
- Olive oil spray - 1 each
- Extra virgin olive oil - 8 tbsp
- Diced Tomatoes - 15 ounces
- Couscous - 2 cups
- Chickpeas - 15 ounces
- Paprika - 1 tsp
- Jumbo Shell Pasta - 1 pound
- Italian Seasoning - 1 tsp
- Marinara Sauce - 40 ounces
- Red Pepper Flakes - 0.5 tsp
- Chicken broth - 4 cups
- Coconut milk - 0.75 cups
- Cooked rice - 1 serving
- Sesame seeds - 1 serving