

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Lemon - 1.5 count
- Garlic - 10 cloves
- Thyme - 2 sprigs
- Rosemary - 3 sprigs
- Onion - 2 count
- Green Bell Pepper - 1 count
- Red Bell Pepper - 2 count
- Jalapeno Pepper - 1 count
- Basil Leaves - 1 count
- Fresh Thai basil leaves - 1 cup

MEAT/ PROTEIN

- Whole Chicken - 4.5 pounds
- Ground Turkey - 1 pound
- Boneless Pork Loin Steaks - 4 each
- Lean ground beef - 1 pound

DAIRY/ EGGS

- Heavy Cream - 0.5 cups
- Parmesan Cheese - 0.5 cups
- Mozzarella Cheese - 1 cup

PANTRY

- Extra Virgin Olive Oil
- Salt
- Black pepper
- Diced Tomatoes - 15 ounces
- Potato Gnocchi - 16 ounces
- Chicken Broth - 2.25 cups
- Tomato Sauce - 15 ounces
- Soy sauce - 2 tbsp
- Oyster sauce - 1 tbsp
- Fish sauce - 0.5 tsp
- Honey - 2 tsp
- Jasmine rice - 1 cup
- Smoked Paprika - 2 tsp
- Chili Powder - 2 tsp
- Paprika - 1 tsp
- Cayenne Pepper - 1 tsp
- Cumin - 1 tsp