

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

EASY EVERYDAY RECIPES

## PRODUCE

- Lemon - 1 count
- Garlic - 9 cloves
- Thyme - 3 sprigs
- Rosemary - 3 sprigs
- Yellow onion - 2 count
- Carrots - 2 count
- Celery - 2 stalks
- Coleslaw mix - 2 cups
- Lime - 0.5 count
- Avocados - 1 each
- Cilantro - 1 tablespoon
- Red onion - 1 count
- Bell peppers - 2 count
- Zucchini - 1 small

## MEAT/ PROTEIN

- Whole Chicken - 4.5 pounds
- Boneless, skinless chicken thighs - 1.5 pounds (optional)
- Flank, sirloin or skirt steak - 1 pound
- Ground turkey - 1 pound
- Ground Pork - 1 pound

## DAIRY/ EGGS

- Heavy cream - 2.17 cups
- Shredded cheddar or Mexican cheese - 0.5 cup
- Butter - 2 tbsp

## PANTRY

- Extra Virgin Olive Oil - 0.5 tbsp
- Salt - 3 tsp
- Chicken broth - 3 cups
- Flour - 2 tbsp
- Rice - 2 cups
- Coconut aminos or soy sauce - 0.25 cups
- Rice vinegar - 0.5 tablespoon
- Brown sugar - 1 tablespoon
- Sriracha - 2 tablespoons
- Enchilada sauce - 15 ounces
- Tortillas - 16 each
- Rigatoni - 1 package
- Tomato Paste - 0.5 cup
- Black Pepper - 2 tsp
- Smoked Paprika - 2 tsp
- Bay leaves - 2 count
- Thyme - 1 teaspoon
- Ginger - 0.5 tablespoon
- Chili powder - 1 tsp
- Cayenne pepper - 0.5 tsp
- Oregano - 0.5 tsp
- Corn/ Flour tortillas - 0.5 tsp
- Calabrian Chili Peppers - 1 tsp