

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Shallot - 1 small
- ☐ Broccoli - 3 cups
- ☐ Garlic - 5 cloves
- ☐ Lemon Juice - 1 tbsp
- ☐ Yellow onion - 3 count
- ☐ Red bell pepper - 2 count
- ☐ Green bell pepper - 1 count
- ☐ Honeycrisp or Gala Apples - 2 each
- ☐ Fresh Rosemary Leaves - 2 sprigs

MEAT/ PROTEIN

- ☐ Bone-in, Skin-on chicken Thighs - 4 each
- ☐ Boneless skinless chicken thighs - 1 pound
- ☐ Boneless Pork Chops - 3-4 each
- ☐ Ground beef - 1 pound

DAIRY/ EGGS

- ☐ Butter - 7 tbsp
- ☐ Grated Parmesan Cheese - 0.333 cups

PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Black Pepper
- ☐ Cayenne Pepper - 1 tsp
- ☐ Garlic Powder - 2 tsp
- ☐ Onion Powder - 1 tsp
- ☐ Dried Oregano - 0.5 tsp
- ☐ Coriander - 0.5 tsp
- ☐ Cavatelli Pasta - 8 ounces
- ☐ Sesame oil - 3 tbsp
- ☐ Diced tomatoes - 15 ounces
- ☐ Tomato sauce - 15 ounces
- ☐ Black beans - 15 ounces
- ☐ Kidney beans - 15 ounces
- ☐ Chili powder - 2 tbsp
- ☐ Paprika - 2 tbsp
- ☐ Cumin - 1 tbsp
- ☐ Brown sugar - 2 tbsp
- ☐ Beef broth - 2 cups
- ☐ Dijon Mustard - 2 tbsp
- ☐ Honey - 2 tbsp
- ☐ Apple Cider - 1 cup