

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Garlic - 8 cloves
- Baby spinach - 5 ounces
- Lemon Zest - 2 tbsp
- Lemon Juice - 1 tbsp
- Chopped Parsley - 1 count
- Lettuce - 1 head
- Tomato - 1 each
- Pickles - 1 each
- Yellow onions - 5 count
- Shallot - 1 count

MEAT/ PROTEIN

- Italian chicken sausage - 1 pound
- Ground Chicken - 1.5 pounds
- Grass-fed Ground Beef - 2 pounds
- Boneless, skinless chicken thighs - 1.25 pounds

DAIRY/ EGGS

- Egg - 1 count
- Grated Parmesan Cheese - 0.58 cups
- Butter - 6 tbsp
- Grated Gruyère cheese - 0.5 cups

PANTRY

- Extra virgin olive oil - 1 tbsp
- Salt - 2 tsp
- Black pepper - 2 tsp
- Garlic Powder - 1 tsp
- Dried thyme - 1 tsp
- Bay leaf - 1 count
- Italian seasoning - 1 tsp
- Diced tomatoes - 15 ounces
- Chicken broth - 4.5 cups
- Coconut milk - 1 cup
- Breadcrumbs - 0.5 cups
- Flour - 1 tbsp
- Dry White Wine - 0.83 cups
- Capers - 4 tbsp
- Honey - 2 tbsp
- Soy sauce - 0.25 cups
- Apple cider vinegar - 1 tbsp
- Worcestershire sauce - 1 tbsp
- Beef broth - 3 cups

BREAD/STARCH

- Burger buns - 4 each
- Cheese tortellini - 10 ounces
- Pasta - 8 ounces