

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

- Ground Chicken - 1.5 pounds
- Ground turkey - 1 pound
- Cooked chicken - 1 cup
- Leftover turkey

DAIRY/ EGGS

- Shredded Mozzarella Cheese - 1 cup
- Eggs - 4 each
- Butter - 1 tbsp
- Milk - 0.75 cups
- Shredded Sharp Cheddar Cheese - 1 cup
- Parmesan Cheese - 1 cup
- Gouda, or Havarti Cheese - 0.5 cup

PANTRY

- Olive Oil - 2 tbsp
- Salt - 3 tsp
- Onion Powder - 1 tsp
- Garlic Powder - 1 tsp
- Italian Seasoning - 0.5 tsp
- Black Pepper - 2 tsp
- Chili powder - 1 tsp
- Paprika - 2.5 tsp
- Cayenne pepper - 0.5 tsp
- Oregano - 0.5 tsp
- Nutmeg - 0.25 tsp
- Breadcrumbs - 0.5 cups
- Marinara Sauce - 20 ounces
- Diced tomatoes - 15 ounces
- Tomato sauce - 15 ounces
- Chicken broth - 5 cups
- Avocado oil - 1 tbsp
- Soy sauce - 2 tbsp
- Coconut aminos - 1 tbsp
- Oyster sauce - 1 tbsp
- Sriracha - 1 tsp
- Chicken or Vegetable Broth - 5 cups

BREAD/STARCH/PASTA

- Egg noodles - 8 ounces
- Cooked white rice - 2 cups
- Uncooked white rice - 1 cup
- Small pasta noodles - 12 ounces