

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Avocado - 1 large
- Lime - 2 count
- Cilantro - 2 tbsp
- Salsa - 1 count
- Romaine Lettuce - 1 count
- Garlic - 8 cloves
- Ginger - 2 tsp
- Fresh cilantro - 1 tbsp
- Yellow onion - 1 count
- Baby spinach - 8 ounces
- Chopped scallions - 3 count
- Chopped cilantro - 1 count
- Lime wedges - 1 count
- Fresh Rosemary - 2 sprigs
- Lemon - 0.5 each
- Brussels Sprouts - 1 pound
- Sweet Potato - 1 each
- Honeycrisp or Gala Apple - 1 each
- Red Onion - 1 small
- Fresh Thyme - 1 tsp
- Lemon Juice - 1 tbsp

MEAT/ PROTEIN

- Ground Chicken - 2 pounds
- Boneless Pork Loin Steaks - 4 each
- Bone-in, skin-on Chicken Thighs - 1 pound
- Chicken sausage - 1 pound

DAIRY/ EGGS

- Grated parmesan cheese - 3 tbsp

PANTRY

- Olive oil - 6 tbsp
- Salt - 4.5 tsp
- Black Pepper - 2 tsp
- Smoked Paprika - 1 tsp
- Chili Powder - 1 tsp
- Garlic Powder - 1 tsp
- Cumin - 1 tsp
- Oregano - 0.5 tsp
- Kosher Salt - 1.5 tsp
- Italian seasoning - 2 tsp
- Tomato Paste - 2 tbsp
- Rice noodles - 10 ounces
- Soy sauce - 4 tbsp
- Green curry paste - 1 tbsp
- Honey - 3 tbsp
- Chicken broth - 4 cups
- Full-fat coconut milk - 15 ounces
- Maple Syrup - 1 tbsp
- Dijon Mustard - 1 tbsp
- Pasta - 10 ounces
- Pasta or marinara sauce - 24 ounces
- Full-fat coconut milk - 0.5 cans

BREAD/STARCH

- Tortillas - 8 each