

real food^{WITH}

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- Lemon - 1 count
- Garlic - 9 cloves
- Thyme - 4 sprigs
- Rosemary - 2 sprigs
- Yellow onion - 3 count
- Small Potatoes - 1 pound
- Carrots - 4 count
- Celery - 4 stalks
- Kale - 1 small bunch
- Lemon Juice - 1.5 tbsp
- Shallot - 1 small
- Spring Peas - 1.5 cups
- Ginger - 0.5 tablespoon
- Coleslaw mix - 2 cups
- Lime - 1 count
- Avocados - 1 each
- Cilantro - 2 tablespoons
- Frozen peas or mixed veggies - 1 cup
- Fresh parsley - 1 bunch

MEAT/ PROTEIN

- Whole Chicken - 4.5 pounds
- Italian Sausage - 1 pound
- Diced Pancetta - 4 ounces
- Flank, sirloin, or skirt steak - 1 pound

DAIRY/ EGGS

- Parmesan Rind - 1 count
- Butter - 6 tbsp
- Heavy Cream - 2 cups
- Parmesan Cheese - 1 garnish

PANTRY

- Extra Virgin Olive Oil - 5 tbsp
- Salt - 6 tsp
- Black Pepper - 5 tsp
- Olive oil - 1 tbsp
- Tomato Paste - 2 tbsp
- Low-Sodium Chicken Stock - 7 cups
- Ditalini Pasta - 1 cup
- Orecchiette Pasta - 8 ounces
- Coconut aminos or soy sauce - 0.25 cups
- Rice vinegar - 0.5 tablespoon
- Brown sugar - 1 tablespoon
- Sriracha - 2 tablespoons
- All-purpose flour - 0.35 cups
- Full-fat coconut milk - 1 can
- Smoked Paprika - 1.5 tsp
- Dried Oregano - 1 tsp
- Paprika - 1 teaspoon

Bread/ Starches

- Corn or flour tortillas - 1 count
- Refrigerated pie crust - 1 count