

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

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

- Boneless, skinless chicken breasts or thighs - 1 pound
- Ground Turkey - 1 pound
- Ground Beef - 1 pound
- Boneless, skinless chicken thighs - 1.25 pounds
- Italian Sausage - 1 pound

DAIRY/ EGGS

- Heavy cream - 0.5 cups
- Grated Parmesan cheese - 0.5 cups
- Butter - 2 tbsp

PANTRY

- Olive oil - 6 tbsp
- Salt - 5 tsp
- Black pepper - 5 tsp
- Chili Powder - 2 tsp
- Paprika - 1.5 tsp
- Smoked Paprika - 1 tsp
- Cayenne Pepper - 1 tsp
- Cumin - 1 tsp
- Nutmeg - 0.5 tsp
- Dried Oregano - 0.5 tsp
- Chicken broth - 4 cups
- Diced Tomatoes - 15 ounces
- Tomato Sauce - 15 ounces
- Beef Broth - 1.33 cups
- Tomato Paste - 2 tbsp
- Worcestershire Sauce - 2 tsp
- Flour - 1 tbsp
- Honey - 2 tbsp
- Soy sauce - 0.25 cups
- Apple cider vinegar - 1 tbsp
- Pasta - 12 ounces
- Orzo - 1 cup
- Marinara Sauce - 1 cup