

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Yellow onion - 2 small
- Red bell peppers - 2 count
- Garlic - 12 cloves
- Fresh ginger - 1 inch piece
- Fresh basil - 0.75 cups
- Fresh mint - 0.25 cups
- Lime juice - 1 count
- Baby Gold or Red Potatoes - 1 pound
- Fresh green beans - 8 ounces
- Fresh parsley - 1 tbsp
- Carrots - 2 count
- Celery stalks - 2 count
- Zucchini - 1 count
- Fresh thyme - 1 sprig
- Fresh rosemary - 1 sprig
- Lemon - 0.5 count
- Shallot - 1 count
- Arugula or Spinach - 5 ounces

MEAT/ PROTEIN

- Ground chicken - 1.5 pounds
- Sirloin steak - 1 pound
- Bone-in chicken thighs - 8 count
- Pancetta - 4 ounces

DAIRY/ EGGS

- Butter - 4.5 tbsp
- Heavy Cream or Full-Fat Unsweetened Coconut Milk - 0.5 cups
- Parmesan Cheese - 0.25 cups

PANTRY

- Extra virgin olive oil - 3 tbsp
- Peanuts - 0.5 cups
- Coconut aminos - 0.33 cups
- Fish sauce - 1 tsp
- Honey - 2 tbsp
- Chili garlic sauce - 2 tbsp
- Salt - 3.5 count
- Orzo - 0.75 cups
- Rigatoni Pasta - 12 ounces
- Sun Dried Tomatoes - 0.33 cups
- Black pepper - 2.5 count
- Garlic powder - 2.5 tsp
- Onion powder - 1.5 tsp
- Turmeric - 0.5 tsp
- Ginger - 0.5 tsp
- Bay leaf - 1 count
- Cayenne Pepper - 0.5 tsp
- Dried Oregano - 0.5 tsp
- Coriander - 0.5 tsp
- White or brown rice - 1 serving
- Chicken broth - 4 cups