

real food WITH

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- Lemon - 2 count
- Garlic - 13 cloves
- Fresh thyme - 4 sprigs
- Fresh rosemary - 3 sprigs
- Yellow onion - 4 count
- Small potatoes - 1 pound
- Carrots - 4 count
- Celery - 4 count
- Kale - 1 small bunch
- Red bell pepper - 1 count
- Broccoli - 2 cups
- Apples - 2 count
- Brussels sprouts - 2 cups
- Sweet potatoes - 2 cups
- Fresh ginger - 1 tablespoon

MEAT/ PROTEIN

- Whole chicken - 4 to 5 pounds
- Italian sausage - 1 pound
- Boneless, skinless chicken breasts or thighs - 1 pound
- Boneless, skinless chicken thighs - 1.5 pounds
- Bone-in pork chops - 2 pounds

DAIRY/ EGGS

- Parmesan rind - 1 count
- Heavy cream - 1.5 cups

PANTRY

- Olive oil
- Salt
- Black pepper
- Smoked paprika - 1.5 teaspoons
- Dried oregano - 1 teaspoon
- Ditalini pasta - 1 cup
- Coconut aminos or soy sauce - ¼ cup
- Sesame oil - 2 teaspoons
- Honey - 1 tablespoon
- Apple cider vinegar - 1 teaspoon
- Tomato paste - 2 tablespoons
- Chicken broth or stock - 10 cups
- Flour (or cornstarch/arrowroot) - 2 tablespoons
- Rice (uncooked) - 1 cup
- Bay leaves - 2 count
- Sesame seeds - 1 teaspoon