

real food WITH

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- Garlic - 14 cloves
- Lemon - 3 count
- Yellow onion - 1 count
- Green bell pepper - 1 count
- Red bell pepper - 1 count
- Cherry or grape tomatoes - 1 pint
- Arugula - 2 cups
- Fresh parsley - 1 tablespoon
- Fresh dill - 1 tablespoon
- Fresh rosemary - 1 sprig

MEAT/ PROTEIN

- Chicken thighs - 4 count
- Ground beef - 1 pound
- Salmon - 1 to 1.25 pounds
- Pork loin steaks - 4 count

DAIRY/ EGGS

- Butter - 2 to 3 tablespoons
- Whole milk ricotta - 15 ounces
- Parmesan cheese - 1/3 cup
- Feta cheese - 1/4 cup

PANTRY

- Olive oil - 6 tablespoons
- Honey - 1/4 cup
- Whole grain mustard - 1/3 cup
- Pasta - 12 ounces
- Diced tomatoes - 15 ounces
- Tomato sauce - 15 ounces
- Black beans - 15 ounces
- Kidney beans - 15 ounces
- Brown sugar - 2 tablespoons
- Beef broth - 2 cups
- Kalamata olives - 0.5 cup
- Artichoke hearts - 0.5 cup
- Salt - 4 teaspoons
- Black pepper - 3 teaspoons
- Red pepper flakes - 1/4 teaspoon
- Chili powder - 2 tablespoons
- Paprika - 2 teaspoons
- Smoked paprika - 2 teaspoons
- Cayenne pepper - 1/2 teaspoon
- Cumin - 1 tablespoon