

# real food WITH

EASY EVERYDAY RECIPES

## Sarah

### PRODUCE

- Garlic - 12 cloves
- Ginger - 0.5 tbsp
- Brussels Sprouts - 1 lb
- Sweet Potato - 1 each
- Honeycrisp or Gala Apple - 1 each
- Red Onion - 1 small
- Fresh Rosemary - 1 tsp
- Fresh Thyme - 1 tsp
- Lemon Juice - 2 count
- Bell peppers - 2 count
- Zucchini - 1 small
- Yellow Onion - 1 large
- Carrots - 2 count
- Broccoli Florets - 1.5 lbs
- Diced Potatoes - 1 cup
- Fresh parsley - 2 tbsp
- Shallot - 1 count

### MEAT/ PROTEIN

- Ground beef - 1 lb
- Bone-in, skin-on Chicken Thighs - 1 pound
- Ground turkey - 1 lb
- Chicken breasts - 4 count

### DAIRY/ EGGS

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

### PANTRY

- Olive Oil
- Salt
- Black pepper
- Sriracha - 1 tbsp
- Onion powder - 1 tsp
- Red pepper flakes - 0.5 tsp
- Chili powder - 1 tsp
- Smoked paprika - 1 tsp
- Cayenne pepper - 0.5 tsp
- Oregano - 0.5 tsp
- Turmeric - 0.5 tsp
- Panko breadcrumbs - 0.25 cups
- Coconut aminos - 0.25 cups
- Fish sauce - 1 tbsp
- Honey - 1 tbsp
- Maple Syrup - 1 tbsp
- Dijon Mustard - 1 tbsp
- Enchilada sauce - 15 oz
- Tortillas - 8 each
- Angel hair pasta - 8 oz