

# real food<sup>WITH</sup> Sarah

EASY EVERYDAY RECIPES

## PRODUCE

- Lettuce - 1 count
- Large Tomato - 1 count
- Red Onion - 1 count
- Red Pepper - 1 count
- Broccoli Florets - 2 cups
- Yellow Onion - 2 count
- Carrots - 2 count
- Celery Stalks - 2 count
- Fresh Rosemary - 2 sprigs
- Fresh Thyme - 1 sprig
- Orange - 1 count
- Asparagus - 1 bunch
- Cherry Tomatoes - 2 cups
- Garlic - 8 cloves
- Lemon - 0.5 count

## MEAT/ PROTEIN

- Ground Turkey - 1 pound
- Italian Chicken Sausage - 1 package
- Chicken Thighs - 1.5 pounds
- Chicken Breast - 1 pound
- Alaskan halibut - 1.5 pounds

## DAIRY/EGGS

- Unsalted Butter - 2 tbsp
- Cheese - 4 slices
- Eggs - 2 each

## ALCOHOL

- Dry white wine - 1 cup

## PANTRY

- Salt - 5 tsp
- Olive Oil - 5 tbsp
- Mayonnaise - 0.25 cups
- Ketchup - 0.25 cups
- Dijon Mustard - 2 tbsp
- Dill Pickle Relish - 2 tbsp
- Flour - 0.33 cups
- Tomato Paste - 2 tbsp
- Chicken Broth - 1 cup
- Cornstarch - 0.5 cups
- Coconut Aminos - 0.25 cups
- Rice Vinegar - 1 tbsp
- Sesame Oil - 1 tsp
- Honey - 3 tbsp
- Cayenne pepper - 0.5 teaspoon
- Burger Buns - 4 count
- Black Pepper - 2 tsp
- Garlic Powder - 2 tsp
- Paprika - 1 tsp
- Ginger - 1 tbsp
- Fresh Dill - 1 tsp