

real food WITH

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- Garlic — 11 to 12 cloves
- Baby potatoes — 1.5 pounds
- Zucchini — 2
- Roma tomatoes — 4
- Cherry or grape tomatoes — 1 pint
- Fresh basil — 1 tablespoon
- Lemons — 4
- Arugula — 2 cups
- Cucumber — 1
- Red onion — 1
- Fresh dill — 2 tablespoons
- Fresh parsley — 3 tablespoons

MEAT/ PROTEIN

- Boneless, skinless chicken thighs — 1 to 1.5 pounds
- Raw shrimp — 1 pound
- Salmon — 1 to 1.25 pounds
- Ground turkey — 1.5 pounds

DAIRY/EGGS

- Butter — 2 to 3 tablespoons
- Whole milk ricotta cheese — 15 ounces
- Parmesan cheese — 1/3 cup
- Greek or Icelandic skyr yogurt — 1 cup

- Feta cheese — about 1/2 to 7/12 cup total

PANTRY

- Salt — 4 3/4 tsp
- Black pepper — 4 1/4 tsp
- Italian seasoning — 1/2 tsp
- Red pepper flakes — 3/4 tsp
- Paprika — 1 1/2 tsp
- Dried dill — 1 tsp
- Garlic powder — 1 1/2 tsp
- Oregano — 1/2 tsp
- Extra virgin olive oil — about 11 tablespoons
- Balsamic vinegar — about 1/4 cup plus 1 teaspoon
- Pasta — 12 ounces
- Kalamata olives — 1/2 cup
- Artichoke hearts — 1/2 cup
- Brioche buns — 4