

# real food WITH

EASY EVERYDAY RECIPES

## Sarah

### PRODUCE

- Romaine lettuce — 2-3 heads
- Lemons — 2
- Limes — 2
- Garlic — 10 cloves
- Shallot or yellow onion — 1
- Avocado — 1
- Cilantro — 1/4 cup
- Fresh basil — for garnish
- Fresh thyme — 2-3 sprigs (optional, or use dried)

### MEAT/ PROTEIN

- Whole chicken — 4-5 pounds
- Boneless ribeye steak — 1.5 pounds
- Ground turkey — 1 pound
- Wild-caught shrimp — 1 pound (peeled and deveined)

### DAIRY/EGGS

- Eggs — 2
- Heavy cream — 1/2 cup
- Parmesan cheese — about 2/3 cup grated
- Mozzarella cheese — 1 cup shredded
- Cheddar cheese — 4 slices
- Greek or Skyr yogurt — 1/4 cup (plain, unsweetened)

### PANTRY

- Day-old crusty bread — 1/2 loaf
- Burger buns — 4
- Potato gnocchi — 16 ounces
- Dried oregano — 2 teaspoons
- Dried sage — 1/2 teaspoon
- Dried thyme — 1/2 teaspoon (if not using fresh)
- Garlic powder — 2 teaspoons
- Paprika — 2 teaspoons
- Chili powder — 1 teaspoon
- Cayenne pepper — 1/4 teaspoon
- Italian seasoning — 1/2 teaspoon
- Red pepper flakes — 1/4 teaspoon
- Dijon mustard — 2 tablespoons + 1 tablespoon
- Anchovy paste — 2 teaspoons
- Worcestershire sauce — 2 teaspoons
- Chicken broth — 3/4 cup
- Pesto — 1/2 cup
- Cooking spray
- Corn or flour tortillas — small size, for serving
- Pico de gallo — for serving
- Shredded lettuce — for tacos