

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Red bell pepper — 1
- Red onion — 2
- Zucchini — 1
- Broccoli florets — 2 cups
- Carrots, pre-shredded — 1 cup
- Scallions / green onions — 1 bunch
- Cucumber — 1 medium
- Lime — 1
- Lemon — 2
- Tomato — 1
- Romaine or green leaf lettuce — 1 head
- Fresh parsley — 1 small bunch
- Fresh dill — 1 small bunch
- Garlic — 1 head
- Ginger — 1

MEAT/ PROTEIN

- Boneless chicken breasts — 1 lb
- Boneless, skinless chicken thighs — 1 lb
- Ground turkey, dark meat — 1½ lb
- Cod fillets — 4 (about 6 oz each)

DAIRY/EGGS

- Eggs — 4 large
- Crumbled feta — ¼–⅓ cup

- Greek yogurt, plain — 1 cup
- Butter — 1–2 tbsp (optional, for cod)

PANTRY

- Soy sauce or coconut aminos — ⅔ cup
- Sesame oil — 2 tbsp
- Honey — 3 tbsp
- Apple cider vinegar — 1 tbsp
- Cornstarch — 1 tbsp
- Peanut butter — 2 tbsp
- Buffalo sauce — ½ cup
- All-purpose flour — 1 cup
- Panko breadcrumbs — 2 cups
- Rice noodles — 8 oz package
- Extra virgin olive oil
- Italian seasoning — ½ tsp
- Paprika — 2½ tsp
- Garlic powder — 3 tsp
- Onion powder — ½ tsp
- Dried oregano — ½ tsp
- Red pepper flakes — ½ tsp
- Dried dill — 1½ tsp (or fresh)
- Salt & Black pepper
- Cooking spray
- Sesame seeds — 1 small jar or bag
- Chopped peanuts — 1 small bag
- Brioche or burger buns — 8