

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Vine-ripened tomatoes — 2 large
- ☐ Fresh parsley — 1 small bunch
- ☐ Fresh basil — 1 bunch
- ☐ Fresh baby spinach — 3 cups
- ☐ Fresh dill — 2 tablespoons
- ☐ Fresh thyme — a few sprigs
- ☐ Cucumber — 1 medium
- ☐ Red onion — 1 small
- ☐ Shallot — 1
- ☐ Garlic — 2 heads
- ☐ Lemons — 3
- ☐ Lettuce — 1 head

MEAT/ PROTEIN

- ☐ Bone-in chicken thighs — 2 lbs
- ☐ Boneless skinless chicken breasts — 2 lbs total
- ☐ Large shrimp, peeled & deveined — 1 lb
- ☐ Ground turkey, dark meat — 1 lb

DAIRY/EGGS

- ☐ Crumbled feta cheese — $\frac{3}{4}$ cup
- ☐ Fresh mozzarella — 8 oz
- ☐ Butter — 4 tablespoons
- ☐ Heavy cream — $\frac{1}{2}$ cup
- ☐ Parmesan, grated — $\frac{1}{2}$ cup

- ☐ Greek yogurt or Icelandic Skyr — 1 cup

PANTRY

- ☐ Extra virgin olive oil — 1 bottle
- ☐ Red wine vinegar — 2 tablespoons
- ☐ Chicken broth — 2 cups
- ☐ Dry white wine — $\frac{1}{2}$ cup
- ☐ Dried oregano — 2 teaspoons
- ☐ Paprika — 1 teaspoon
- ☐ Dried dill — $\frac{1}{2}$ teaspoon
- ☐ Red pepper flakes — to taste
- ☐ Garlic powder — $\frac{1}{2}$ teaspoon
- ☐ Angel hair pasta — 12 oz
- ☐ Orzo — 1 cup / ~8 oz
- ☐ Brioche burger buns — 4