

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Baby arugula — 4 cups
- ☐ Cherry tomatoes — 3 cups (1 cup for Milanese, 2 cups for Halibut)
- ☐ Lemon — 1
- ☐ Bell peppers — 3 (2 any color for Pasta, 1 red for Stir Fry)
- ☐ Yellow onions — 2 (1 for Pasta, 1 for Stir Fry)
- ☐ Asparagus — 1 bunch
- ☐ Broccoli florets — 2 cups
- ☐ Limes — 2 (½ for Stir Fry, 1½ for Korean Tacos)
- ☐ Coleslaw mix — 2–3 cups
- ☐ Avocados — 1–2
- ☐ Fresh cilantro — small bunch
- ☐ Fresh basil — small bunch
- ☐ Fresh dill — small bunch (or 1 tsp dried)
- ☐ Garlic — 1–2 heads (~10 cloves total)
- ☐ Ginger — small knob or tube paste

MEAT/ PROTEIN

- ☐ Thin-sliced chicken breasts or cutlets — 4 pieces (for Milanese)
- ☐ Italian sausage, casings removed — 1 lb (for Pasta)
- ☐ Alaskan halibut fillets — 1–1.5 lbs

- ☐ Chicken breasts — 1 lb (for Stir Fry)
- ☐ Flank, sirloin, or skirt steak — 1 lb (for Korean Tacos)

DAIRY/EGGS

- ☐ Eggs — 2
- ☐ Burrata — 12 oz
- ☐ Parmesan — block or pre-grated, for serving

PANTRY

- ☐ Panko breadcrumbs — ½ cup
- ☐ Italian seasoning — 1 tsp
- ☐ Paprika — ½ tsp
- ☐ Garlic powder — ½ tsp
- ☐ Balsamic glaze — for drizzling
- ☐ Pasta, penne or rigatoni — 12 oz
- ☐ Marinara sauce — 1 cup
- ☐ Dried oregano — ½ tsp
- ☐ Coconut aminos or soy sauce — about 1 cup (used across 3 recipes)
- ☐ Sesame oil — 1 tbsp
- ☐ Peanut butter, unsweetened — 2 tbsp
- ☐ Honey — 1 tbsp
- ☐ Red pepper flakes — ½ tsp
- ☐ Brown sugar — 1 tbsp
- ☐ Sriracha — 2 tbsp (1 for stir fry sauce, 1 for taco slaw)

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- ☐ Rice vinegar — ½ tbsp
- ☐ Corn or flour tortillas — 1 pack
- ☐ Olive oil — pantry staple
- ☐ Salt & pepper — pantry staple