

real food^{WITH}

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- 1-2 vine-ripened tomatoes, sliced
- 1 cup fresh basil, packed
- 1 cup fresh spinach
- 1 cup fresh Thai basil leaves
- 1 lemon
- 1 lime
- 1 mango (or 2 cups frozen)
- 1 avocado
- ¼ red onion
- 1 yellow or white onion
- 1 red bell pepper
- ¼ cup fresh cilantro
- 8 pieces romaine or butter lettuce
- 1 small shallot
- 1 head garlic

MEAT/ PROTEIN

- 4 chicken breasts, thin-sliced or poundable
- 1.5 lbs white fish (cod or haddock)
- 1 lb lean ground beef (93/7)
- 4-5 Italian sausage links
- 1.5 lbs ground chicken

DAIRY/EGGS

- 8 oz fresh mozzarella

- 3 eggs total
- 3 tbsp butter
- Parmesan cheese

PANTRY

- Extra virgin olive oil
- ½ cup all-purpose flour
- 1.5 cups panko breadcrumbs
- 8 corn or flour tortillas
- ½ cup basil pesto (or homemade) (+ extra for serving)
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- ½ tsp fish sauce
- 2 tsp honey
- 8 oz ditalini pasta
- Jasmine rice
- Cooking oil spray
- Salt + black pepper
- 1 tsp paprika
- 1 tsp chili powder
- ¼ tsp cayenne pepper
- ½ tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½-1 tsp red pepper flakes