

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- ☐ Yellow onion — 1
- ☐ Garlic — 1 head (about 9 cloves)
- ☐ Zucchini — 2 medium
- ☐ Baby potatoes — 1.5 lbs
- ☐ Roma tomatoes — 4
- ☐ Fresh basil — 1 bunch
- ☐ Cherry or grape tomatoes — 2 pints + 1 cup (about 5 cups total)
- ☐ Red onion — 1
- ☐ Lemon — 1
- ☐ Fresh dill — small bunch
- ☐ English cucumber — 1
- ☐ Romaine lettuce — 1 head
- ☐ Avocado — 1

MEAT/ PROTEIN

- ☐ Ground beef (80/20 or 85/15) — 1 lb
- ☐ Boneless, skinless chicken thighs — 1–1.5 lbs
- ☐ Ground turkey — 1.5 lbs
- ☐ Boneless, skinless chicken breasts — 2
- ☐ Bacon — 4 slices

DAIRY/EGGS

- ☐ Shredded cheddar cheese — 2 cups
- ☐ Heavy cream — ½ cup
- ☐ Feta cheese, crumbled — about ¾

to ⅝ cup total (or sub blue cheese for the salad)

- ☐ Greek or Icelandic Skyr yogurt — 1 cup
- ☐ Eggs — 3 (for hard-boiling)
- ☐ Parmesan cheese — for serving the pasta

PANTRY

- ☐ Extra virgin olive oil — about 1 cup total
- ☐ Balsamic vinegar — about ½ cup + 1 tsp
- ☐ Ground mustard — 1 tsp
- ☐ Tomato paste — 2 tbsp
- ☐ Worcestershire sauce — 1 tbsp
- ☐ Beef broth — 3 cups
- ☐ Dill pickles — ¼–½ cup chopped
- ☐ Italian seasoning — ½ tsp
- ☐ Red pepper flakes — ¾ tsp total
- ☐ Garlic powder — 3 tsp total
- ☐ Paprika — 1½ tsp total
- ☐ Dried oregano — ½ tsp
- ☐ Honey — 2 tbsp
- ☐ Dijon mustard — 1 tbsp
- ☐ Salt & black pepper — to taste
- ☐ Salt & pepper — pantry staple
- ☐ Short pasta (shells, bowties, or elbows) — 12 oz
- ☐ Spaghetti (or pasta of choice) — 12 oz
- ☐ Brioche buns — 4

