

4.2 GROCERY HAUL

RECIPES: [Loaded Breakfast Potato](#) | [Cream of Cauliflower & Rosemary Soup](#) | [Salad with Traditional Ginger Dressing](#) | [Tempeh BTLA Tacos](#) | [Spring Asparagus Frittata](#) | [Dinner Rolls](#)

BOLDFACED items denote pantry staples. These are great, not-so-perishable things to have on hand and things you will use time and time again.

PRO TIP: Always check your fridge/freezer/pantry inventory before heading to the store or ordering groceries. You likely have more on hand than you realize!

Questions about ingredients or swaps? Check out the [Resource Archive](#) inside your Member Hub, or send us a quick email info@sarahkaminski.com

***Ingredients for dinner rolls are highlighted in red. If you are not making them, omit from our grocery haul!**

FRESH PRODUCE

1 **red onion**
1 **bulb garlic**
1 **hunk fresh ginger root**
4 **small sweet potatoes OR 2 large**
1 large head romaine lettuce
1 sweet bell pepper, any color
1 bunch green onions
1 bunch radish
1 bunch asparagus
1 head cauliflower OR 1 bag cauliflower florets
1 avocado
1 large tomato
.5oz fresh rosemary

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 dozen eggs
1 package tempeh
4oz log soft goat cheese

DRY GOODS

Nuts/Seeds/Dried Fruit

1 **bag hemp hearts (these may be located in the breakfast or nutritional aisle)**
1 **jar natural peanut butter, no sugar or weird oils added**
Psyllium husk (this may be located in the nutritional aisle)

Baking

1 **bag almond flour/almond meal**
1 **bag/box raw sugar**
1 **bag almond slices**
Baking soda

Breakfast

1 **jar PURE maple syrup**

International

1 **bottle Tamari**
1 **can full fat coconut milk**
Sesame seeds
1 **package corn tortillas**

Legumes/Grains

1 **can cannellini beans**

Canned Fruit/Veg

1 **can mandarin oranges, in juice**

Condiments

1 **bottle liquid smoke (this usually near the BBQ sauces)**
1 **bottle spicy mustard of choice**

SPICES

Black pepper
Sea salt or pink Himalayan salt
Cinnamon
Paprika
Everything bagel seasoning

OILS & VINEGARS

Olive oil
Coconut oil. cold pressed & unrefined
Rice wine vinegar
Apple cider vinegar

FREEZER

1 **(12oz) bag frozen blueberries**

BREADS/WRAPS

1 loaf gluten free bread of choice, if not making dinner rolls

NOTES:

Cooking Hack & Food Facts:

- Don't yet own an immersion blender? It changes the game when it comes to pureeing soups (or anything, actually). [There are lots to choose from](#), and we recommend it as a kitchen staple appliance!
- Never had tempeh? This week's BLTA tacos blows it out of the water. Tempeh is fermented soybeans!
- The psyllium husk found in the dinner rolls is an excellent gluten free, vegan source of dietary fiber. It is also what gives these rolls the chewy feel of traditional flour!

Meal Prep Tips Week of 4.2

1. Bake Sweet Potatoes! Store in the fridge for up to 5 days.
2. Make Loaded Sweet Potato Bowls! Divide ingredients between (4) bowls for easy grab & go breakfasts throughout the week.
3. Make Cream of Cauliflower Soup! Divide into (4) containers for easy grab and go lunches throughout the week.
4. Bake Dinner Rolls! These are perfect paired with soup for lunch each day, and alongside the quiche. Store covered in the fridge for up to 1 week. These freeze well, too!
4. Marinate Tempeh! This can marinate for up to 5 days, so slice Tempeh, combine ingredients for marinade, and pop in the fridge to have on hand for quick BLTAs.

Use food swaps where needed, and allow grocery shopping to be easy & fun. Celebrate that you are showing up for yourself and the people that you cook with/for!

NOTES: