

4.9 GROCERY HAUL

RECIPES: [Ricotta Pancakes](#) | [Herb & Feta Lentils](#) | [Pasta Primavera](#) | [Tikka Masala with Cauliflower & Chickpea](#) | [Mushroom & Asparagus Tacos](#)

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

FRESH PRODUCE

1 red/purple onion

2 bulbs garlic

1 bunch fresh parsley

1 large broccoli crown

1 head cauliflower OR 1 bag cauliflower florets

2 pints mushroom, any variety

1 (5-7oz) bag baby spinach

1 bunch asparagus

1 large (or 2 small) avocado

1 lime

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

4oz block feta cheese

15oz full fat or part skim ricotta cheese

DRY GOODS

Baking

Baking powder

1 bag raw sugar

Breakfast

1 jar PURE maple syrup

1 bag/box gluten free rolled oats

1 quart unsweetened nondairy milk of choice

International

1 can full fat coconut milk

1 package corn tortillas

OPTIONAL: 1 bottle sriracha

Legumes/Grains

1 can chickpea

1 bag whole (not split) lentils OR 2 cans lentils

1 bag/box brown rice, quinoa or chickpea pasta

1 bag/box brown rice

Canned Fruit/Veg

1 (15oz) jar marinara sauce, no sugar added

1 (14.5oz) can chopped tomato, no sugar added

Spices

Black pepper

Sea salt or pink Himalayan salt

Cinnamon

Cumin

Ground Ginger

Turmeric

Paprika

OPTIONAL: crushed red pepper

OPTIONAL: cayenne pepper

Oils & Vinegars

Olive oil

Coconut oil. cold pressed & unrefined

NOTES:

Food Facts:

- Tikka Masala is a traditionally an Indian dish made with chicken. We are SO excited to share this plant based spin.
- Mushroom and Asparagus Tacos? Just trust us here.

Meal Prep Tips Week of 4.9

1. Make Pancakes! Store in the fridge to quickly reheat and serve with fruit mid week. These freeze well, too!
2. Make Herbed Lentil Salad! Divide ingredients between (4) bowls for easy grab & go lunches throughout the week.
3. Cook Rice! Store covered in the fridge for up to 5 days.

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: