

## 4.16 GROCERY HAUL

**RECIPES:** [Chocolate Protein Blender Muffins](#) | [Black Bean Burgers](#) | [Lemon Mushroom Pasta](#) | [Artichoke Tacos](#) | [Curry Noodle Bowls](#)

**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](mailto:info@sarahkaminski.com)

### FRESH PRODUCE

**2 red/purple onions**  
**1 bulb garlic**  
**1 hunk fresh ginger root**

6-8oz bag snow peas

1 avocado

1 broccoli crown

1 sweet bell pepper, any color

1 (5oz) bag slaw mix OR 1 little cabbage, sliced

2 pints mushrooms (choose 2 different varieties!)

1oz fresh cilantro

Desired burger fixings (choose at least 2 veggies):

OPTIONAL: 1 jalapeno

### **2 lemons**

12 cups/pieces fruit of choice to serve with muffins: \_\_\_\_\_

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 block organic, firm tofu

1 4oz log soft goat cheese

### DRY GOODS

#### Canned Fruit/Veg

**2 jars/cans (about 24oz total) quartered artichoke hearts in water**

**1 jar unsweetened applesauce (or 1 pack of the singles!)**

#### Baking

**Baking powder**

**Baking soda**

**1 bag raw sugar**

**Cocoa powder**

**1 bag almond flour/almond meal**

**1 bag dark chocolate chips**

#### Breakfast

**1 jar PURE maple syrup**

**1 bag/box gluten free rolled oats**

**1 quart unsweetened vanilla nondairy milk of choice**

#### International

**1 package corn tortillas**

**1 package rice noodles**

**1 can full fat coconut milk**

**1 bottle Tamari**

**1 jar red curry paste**

OPTIONAL: 1 bottle sriracha

#### Legumes/Grains

**2 cans black beans**

**1 can lentils, any variety**

**1 bag/box brown rice, quinoa or lentil pasta**

#### Condiments

**1 jar capers**

Desired burger fixings: \_\_\_\_\_

#### Spices

**Black pepper**

**Sea salt or pink Himalayan salt**

**Chili Powder**

#### Oils & Vinegars

**Olive oil**

**Coconut oil, cold pressed & unrefined**

NOTES:

## Cooking & Shopping Hacks:

- If you know you won't eat the rest of a jar of applesauce, buy the individual cups! Each yields ½ c and is perfect to have on hand as a shelf stable pantry staple.
- Artichoke tacos? Yes. Trust us here.

## Meal Prep Tips Week of 4.16

1. Make Muffins! Store in the fridge and serve with fruit mid week. These freeze well, too!
2. Make bean Burgers! Divide between (4) bowls with fixings of choice for easy grab & go lunches throughout the week.
3. Slice bell peppers and broccoli! Store covered in the fridge to have on hand for quick curry bowls mid week.

*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: