

4.23 GROCERY HAUL

RECIPES: [PB&J Overnight Oats](#) | [Arugula & Goat Cheese Salad](#) | [Creamy Pasta with Spring Peas](#) | [Tofu Tacos with Spunky Slaw](#) | [Cauliflower Nachos](#)

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 large red/purple onion

2 sweet bell peppers, any color
1 additional pepper, hot or sweet
2 (5-7oz) bags/boxes arugula
4 avocados
1 (6-8oz) bag sugar snap peas (about 2c)
1 bunch green onions
1 bunch fresh cilantro
1 bag slaw mix, any variety OR 1 baby cabbage
1 head cauliflower OR 1 bag cauliflower florets
1 large tomato
OPTIONAL: 1 jalapeno

2 lemons

1 lime

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 block organic firm or extra firm tofu

1 (8oz) log soft goat cheese
4oz block cheddar cheese

DRY GOODS

Nuts/Seeds/Dried Fruits

1 bag ground flaxseed

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)

1 bag dry roasted or raw sunflower seeds, unsalted

Canned Fruits/Veg

2 cans mandarin oranges, in juice

Baking

Parchment paper or a silicone mat

Breakfast

1 jar honey, local to your area

1 bag/box gluten free rolled oats

1 quart unsweetened vanilla nondairy milk of choice

International

1 package corn tortillas

1 bottle Tamari

OPTIONAL: sesame seeds

Legumes/Grains

1 bag/box brown rice, quinoa or lentil pasta

1 can black beans

Spices

Black pepper

Sea salt or pink Himalayan salt

Cinnamon

Chili Powder

Cumin

Garlic powder

Onion powder

OPTIONAL: cayenne pepper

Oils & Vinegars

Olive oil

Coconut oil, cold pressed & unrefined

Rice wine vinegar

FREEZER

1 (12-16oz) bag frozen blueberries

1 (10-12oz) bag shelled sweet peas

NOTES:

Meal Prep Tips Week of 4.23

1. Make Overnight Oats! Store in the fridge for grab and go breakfast throughout the week. Enjoy cold or heat.
2. Make salad dressing! Shake in a glass jar to have on hand for lunch salads throughout the week.
3. Make Arugula Goat Cheese Salads! Divide between (4) containers for easy grab & go lunches throughout the week.
4. Make Taco Seasoning! Double the recipe to have on hand for tacos, nachos, and to store in spice cabinet for the future.

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: