

## 4.30 GROCERY HAUL

**RECIPES:** [Banana Bread Muffins](#) | [Kale & Red Bean Soup](#) | [Lemon Cauliflower & Capers](#) | [Pilaf with Roasted Asparagus & Feta](#) | [Creamy Polenta with Mushrooms](#)

**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!

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### FRESH PRODUCE

**1 red/purple onions**

**2 medium potatoes, red or any variety**

1 large head cauliflower OR 1 bag cauliflower florets

1 bunch kale OR 1 bag kale

1 pint mushrooms, any variety

1 (5-7oz) bag baby spinach

1 bunch asparagus

1 bunch fresh parsley

**2 large lemons**

2 bananas (if you have some in the freezer, these work great, too!)

6 c fresh fruit (to serve with muffins: \_\_\_\_\_)

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

**½ dozen eggs**

**10-12oz block parmesan cheese**

**4-6oz block feta cheese**

**1 block grass fed butter**

### DRY GOODS

Rice/Legumes:

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

**1 can kidney beans**

**1 bag/box polenta**

**1 bag/box quinoa**

**1 bag whole (not split) lentils**

Breakfast

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

**1 bottle PURE maple syrup**

Condiments

**1 bottle Dijon mustard**

**1 jar capers**

Baking:

**1 bag almond flour/almond meal**

**1 bag almond slivers**

**Baking soda**

**1 bag dark chocolate chips**

**Parchment paper**

OILS & VINEGARS

**Olive oil, cold pressed**

**Coconut oil, cold pressed & unrefined**

SPICES

**Black pepper**

**Sea salt or pink Himalayan salt**

**Cinnamon**

**Nutmeg**

**PURE vanilla extract**

OPTIONAL: Crushed Red pepper

NOTES:

## SHOPPING HACK

Polenta is sometimes labeled as cornmeal. Either produces the same result!

## MEAL PREP TIPS week of 4/30

1. Make soup! Prepare at the beginning of the week & store covered in the fridge for quick serving throughout the week OR divide evenly into (4) glass containers for grab & go.
2. Make parmesan crisps! Store in the fridge to serve with soup.
3. Make polenta! Store in the fridge for up to 5 days for a quick mid week dinner
4. Cook lentils/quinoa for pilaf! Cook these together in the same pot. Store in the fridge for up to 5 days for a quick mid week dinner.