

8.6 GROCERY HAUL

RECIPES: [Chocolate Power Bowl](#) | [Bento Boxes](#) | [Herb Roasted Eggplant Pasta](#) | [Zucchini Pizzas](#) | [Black Bean & Veggie Tacos with Feta](#)

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!

FRESH PRODUCE

1 bulb garlic
5 zucchini
1 large eggplant
2 portobello mushrooms
1 pound green beans
1 pound bag carrots OR 1 bag baby carrots
1 (5-7oz) bag/box baby spinach
.5oz fresh basil
.25oz fresh oregano

2 bananas
½ pound grapes
2 (6oz) containers raspberries

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

8oz buffalo mozzarella cheese in water
1 (6-8oz) block feta cheese
1 (6-8oz) round Brie cheese

PREPARED FOODS

1 (10-12oz) container prepared hummus

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta
1 can black beans

Nuts/Seeds

1 jar natural peanut butter (no sugar or weird oils added)
1 bag chia seeds

Canned Fruit/Veg:

1 (8-12oz) jar marinara sauce, no sugar added
1 (6-8oz) jar pitted kalamata or mixed olives (grab these from the olive bar if that is an option!)

Baking

Parchment paper OR a silicone mat
Cocoa powder

International

1 package corn tortillas

Breakfast:

1 quart unsweetened vanilla almond milk
1 bag/container gluten free rolled oats
1 bottle PURE maple syrup

OILS & VINEGARS

Olive oil, cold pressed
Coconut oil, cold pressed & unrefined
Apple cider vinegar, with "the mother"

FREEZER

1 (12-16oz) bag frozen raspberry

SNACKAGE

1 box brown rice or seed crackers

SPICES

Black pepper
Sea salt or pink Himalayan salt
Garlic powder
Cumin
Chili powder
Onion powder
Everything But the Bagel Seasoning
OPTIONAL: crushed red pepper
OPTIONAL: cayenne pepper

NOTES:

MEAL PREP TIPS week of 8.6

1. Make Overnight Oats! Store in (4) separate containers for easy grab & go breakfast throughout the week.
2. Cook Green Beans! Flash steam, rinse with cool water & drizzle with olive oil.
3. Make Bento Boxes! Divide into (4) separate containers for easy grab & go lunches throughout the week.
4. Chop Olives & Basil for Pizzas! Store covered in the fridge for easy topping on zucchini pizza night.
5. 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!