

8.13 GROCERY HAUL

RECIPES: [Lemon Ricotta Pancakes](#) | [Corn & Black Bean Chowder](#) | [Southwest Stuffed Peppers](#) | [Roasted Cauliflower with Tomato & Capers](#) | [Huevos Rancheros](#)

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

2 purple onion

1 large potato

1 head cauliflower OR 1 bag cauliflower florets

1 pint cherry tomato

1 large tomato

2 sweet bell peppers, any color

4 green peppers

9 ears corn

1 avocado

1 bunch fresh cilantro

1 lemon

2 pints blueberries

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 dozen eggs

16oz full fat or part skim ricotta cheese

4oz cheddar cheese

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta

1 bag/box brown rice

3 cans black beans

1 can kidney beans

Soups

1 quart veggie broth, no sugar added

Condiments

1 jar capers

1 jar/bottle Dijon mustard

OPTIONAL: Sriracha hot sauce

Baking

Parchment paper OR a silicone mat

Baking powder

Baking soda

International

1 package corn tortillas

1 can full fat coconut milk

Breakfast:

1 bag/container gluten free rolled oats

1 bottle PURE maple syrup

OILS & VINEGARS

Olive oil, cold pressed

Coconut oil, cold pressed & unrefined

SPICES

Black pepper

Sea salt or pink Himalayan salt

Cumin

Chili powder

Garlic powder

Onion powder

OPTIONAL: crushed red pepper

OPTIONAL: cayenne pepper

NOTES:

MEAL PREP TIPS week of 8.13

1. Make Pancakes! Store in (4) separate containers for easy grab & go breakfast throughout the week.
2. Make Soup! Divide into (4) separate containers for easy grab & go lunches throughout the week or quick dinners.
3. Cook Rice! While it is cooking, make pepper stuffing:
4. Make Southwest Pepper Stuffing! Mix ingredients & spices. Add cooked rice & store covered in the fridge for easy stuffing on pepper 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!