

8.20 GROCERY HAUL

RECIPES: [Arugula & Shroom Egg Cups](#) | [Mediterranean Lentils](#) | [Buffalo Cauliflower Tacos](#) | [Greek Polenta](#) | [Grilled Halloumi](#) | [Vegan Lemon Blueberry Cheesecake](#)

Ingredients for the cheesecake are in BLUE, omit from your list if you are not making it this week!

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 bulbs garlic
1 purple onion
1 (5-7oz) bag baby arugula
1 pound box baby spinach
1 bunch celery
1 pint mushroom, any variety
2 pints cherry tomato
1 large tomato
1 zucchini
1 eggplant
1 head cauliflower OR 1 bag cauliflower florets

1 pint blueberries
2 lemons

5 cups/pieces of fruit to serve with egg cups: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 dozen eggs
4oz log soft goat cheese
6-8oz block feta cheese
½ pound block halloumi cheese

DRY GOODS

Rice/Legumes:

1 can chickpea
1 bag whole (not split) lentils OR 2 cans lentils
1 bag/box polenta/cornmeal

Condiments

1 jar pitted kalamata or mixed olives (get these from the olive bar if that is an option!)
1 bottle buffalo hot sauce, Franks or similar

Nuts/Seeds

1 large bag (2.5c) raw, unsalted cashews

Breakfast

1 jar pure maple syrup

Baking

Parchment paper OR a silicone mat

International

1 package corn tortillas

OILS & VINEGARS

Olive oil, cold pressed
Coconut oil, cold pressed & unrefined

SPICES

Black pepper
Sea salt or pink Himalayan salt
Cumin
Garlic powder
Paprika
Cinnamon
Nutmeg
PURE vanilla extract

MISC

Bamboo or metal skewers OR
a grill basket

NOTES:

MEAL PREP TIPS week of 8.20

1. Make Egg Cups! Store in (5) separate containers for easy grab & go breakfast throughout the week.
2. Cook Lentils! While they are cooking, prepare Lentil Salad:
3. Make Mediterranean Lentil Salad. Divide into (4) separate containers for easy grab & go lunches throughout the week or quick dinners.
4. Cook Polenta! Store covered in the fridge for an easy Greek Polenta night.
5. You are going to have extra celery! Slice it into sticks, place into a glass bowl/jar and pop into the fridge for easy snacking throughout the week. Some of our favorite celery dips include natural peanut butter, hummus or buffalo sauce.
6. If making the cheesecake, soak cashews! This dessert comes together so easily once the nuts are ready to puree

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!