

8.27 GROCERY HAUL

RECIPES: [Peach Oven Pancake](#) | [Four Bean Salad](#) | [Chickpea Dumplings](#) | [Spanakopita Cauliflower Nachos](#) | [Roasted Beets with Herbed Lentils](#)

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
2 purple onions
1 pound box baby spinach
1 bunch beets OR 1 package prepared beets from the produce section
1 head cauliflower OR 1 bag fresh cauliflower florets
1 sweet bell pepper, any color
1 tomato
1 bunch fresh parsley
.25oz oregano
.25oz thyme
OPTIONAL: 1 (5-7oz) bag salad greens to serve bean salad over

1 lemon
2 small peaches, or 1 large
4 additional cups/pieces of fruit to serve with pancake: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1/2 dozen eggs
4oz block cheddar cheese
6-8oz block feta cheese

DRY GOODS

Rice/Legumes:

1 can chickpea
1 can black bean
1 can kidney bean
1 can white navy or cannellini bean
1 bag whole (not split) lentils
1 bag/box brown rice

Canned Fruit/Veg

1 can green bean

Baking

Parchment paper OR a silicone mat
1 bag chickpea/garbanzo bean flour
1 bottle honey, local to your area
1 small bag/box sugar
Baking powder

Breakfast

1 bag gluten free rolled oats
1 quart unsweetened milk of choice

International

1 (28oz) can chopped tomato, no sugar added
1 (15oz) can tomato sauce, no sugar added

OILS & VINEGARS

Olive oil, cold pressed
White wine vinegar
Balsamic vinegar
Coconut oil, cold pressed & unrefined

SPICES

Black pepper
Sea salt or pink Himalayan salt
Cumin
Coriander
Cinnamon
Ground mustard
Indian curry powder
Ginger powder
OPTIONAL: cayenne pepper

NOTES:

MEAL PREP TIPS week of 8.27

1. Make Oven Pancake! Store in the fridge for easy grab & go breakfasts throughout the week.
2. Make 4 Bean Salad! Store in (5) separate containers (over salad greens optional) for easy grab & go lunches throughout the week.
3. Roast Beets! Cool & store covered in the fridge for up to 5 days.
4. Cook Lentils! Store covered in the fridge for an easy mid week dinner.
5. Make dumpling batter! This comes together quickly in a food processor or high speed blender. Store batter in the fridge for up to 5 days for dumpling night.

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!