

12.3 GROCERY HAUL

RECIPES: [Banana Split](#) | [Wedge Salad](#) | [Tomato Soup with Grilled Cheese](#) | [Cauliflower & Spinach Alfredo](#) | [Butternut Squash with Chorizo & Kale](#)

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!

Questions about ingredients or swaps? Check out the [Resource Archive](#) inside your Member Hub, or send us a quick email info@sarahkaminski.com

FRESH PRODUCE

2 red onions

2 bulbs garlic

1 head iceberg lettuce
1 pound box baby spinach
1 bunch kale
1 head cauliflower OR 1 bag cauliflower florets
1 pint cherry tomato
2 avocados
1 medium butternut squash

2 small lemons

1 lime

4 bananas
2 pints blueberries

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 package soy chorizo (this may also be found in the freezer section!)

1 quart lowfat or full fat plain yogurt OR 1 quart high protein dairy free yogurt of choice

4-5oz block bleu cheese
4oz sharp cheddar cheese

DRY GOODS

Baking

1 small bag/box walnuts

Parchment paper

Nuts/Seeds/Dried Fruits

1 bag thick, unsweetened coconut shreds

1 jar tahini

Canned Fruit/Veg

1 (28oz) can diced tomatoes, no sugar added

1 can/tube tomato paste

Rice/Legumes:

1 bag/box chickpea, brown rice or lentil pasta

Soups

1 quart veggie stock, no sugar added

Breakfast

1 jar honey, local to your area

International

1 bottle Tamari

Sesame seeds

Condiments

1 bottle liquid smoke (will likely be near BBQ sauces)

Dijon mustard

Stone ground mustard

OILS & VINEGARS

Olive oil

Coconut oil. Cold pressed & unrefined

SPICES

Black pepper

Sea salt or pink Himalayan salt

Bay leaves

Cinnamon

Onion Powder

Paprika

FREEZER

1 loaf gluten free, sprouted grain bread (we like Canyon Bakehouse! If you do well with gluten, any loaf of sprouted grain or sourdough bread is great)
OPTIONAL: **1 (10-12oz) bag blueberries (if not buying fresh)**

NOTES:

But first! A few Ninja Cooking Hacks:

- You'll have a zested lemon. The inside of it is still great! Pop in the fridge to have on hand for a recipe that calls for it in the future. If you're like, "WTF is zesting?!" [Learn how here!](#)
- If you buy a can of tomato paste, [use this hack](#) to preserve what is left over.

Meal Prep Tips Week of 12.4

1. Make Banana Splits! Store in the fridge easy grab and go breakfasts served with fruit throughout.
2. Prep Wedge Salads:
 - > Bring a medium pot of water to a boil for the eggs.
 - > Mix ingredients for "bacon" in a medium bowl. Spread evenly on a baking sheet lined with parchment paper & pop into the oven for 6 minutes.
 - > While coconut transforms, combine ingredients for salad dressing in a small blender or food processor. Pulse & set aside.
 - > Slowly spoon eggs into boiling water and boil for 9 minutes.
 - > While eggs cook, prepare salad ingredients and divide evenly into (4) containers for easy grab & go lunches throughout the week.
 - > Top each salad with "bacon" and hard boiled eggs.

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!

NOTES: