

12.11 GROCERY HAUL

RECIPES: [Pumpkin Chip Muffins](#) | [Minestrone Soup](#) | [Pasta with Charred Brussels](#) | [Pad Thai](#) | [Endive & Pear Salad with Bleu](#) | [Snowflake Maple Cookies](#)

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

Snowflake Maple Cookie ingredients are highlighted in red. If you're not baking, just omit from your grocery haul!

FRESH PRODUCE

1 red onion
1 bulb garlic
1 hunk fresh ginger root
1 medium sweet potato
1 parsnip (if you can't find one, just omit!)
2 large carrots
1 bunch celery
1 (5-7oz) bag slaw mix, any variety OR 1 small cabbage
1 pound green beans (fresh or frozen!)
1 sweet bell pepper, any color
1 pound brussel sprouts, whole or shaved
1 bunch kale
1 head curly endive OR 1 bag salad greens, any variety
1 small bunch fresh parsley

1 large lemon
2 pears

1 ripe banana

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 block organic, firm tofu

4oz block bleu cheese

DRY GOODS

Canned Veg

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

Baking

Baking soda
1 (15oz) can pumpkin puree
1 bag dark chocolate chips
1 bag slivered almonds
1 small bag walnuts
Parchment paper

Nuts/Seeds/Dried Fruits

1 jar natural peanut butter, no sugar added

Condiments

1 bottle Dijon mustard

Rice/Legumes:

1 bag/box chickpea, brown rice or lentil pasta
1 can kidney beans

Soups

1 quart veggie stock, no sugar added

Breakfast

1 jar pure maple syrup
1 bag gluten free rolled oats
1 bag almond flour/meal
1 quart unsweetened vanilla almond milk

International

1 bottle Tamari

OILS & VINEGARS

Olive oil
Coconut oil. Cold pressed & unrefined
Rice wine vinegar

SPICES

Black pepper
Sea salt or pink Himalayan salt
Cinnamon
Thyme
Nutmeg

PURE vanilla extract

OPTIONAL: crushed red pepper

FREEZER

OPTIONAL: **1 (10-12oz) bag green beans (if not buying fresh)**

NOTES:

But first! A few Ninja Cooking Hacks:

- You'll have extra celery. [Store it like this in your fridge](#) and use it for quick snacking throughout the week. We love our smeared with nut butter!
- You'll have extra pumpkin. Here are some ideas;
 - Double the muffin recipe and stockpile your freezer with muffins
 - Use it in a smoothie with your favorite milk + ice + cinnamon + vanilla protein powder.
 - Make 1 container of overnight oats by combining ½ c GF rolled oats + remaining pumpkin + 1 Tbsp pure maple syrup+ ½ c milk of choice

Meal Prep Tips Week of 12.11

1. Bake Muffins! Store at room temp or in the fridge easy grab and go breakfasts served with fruit throughout the week. These freeze well, too!
2. Prepare Soup! Divide into 5-6 separate containers for easy grab & reheat lunches throughout the week. This freezes well, too!
3. Make Salad Dressing! Store at room temp and have on hand for a quick salad night.
4. If you're feeling inspired, bake cookies! Enjoy with your family, or gift to neighbors and friends.

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: