

12.18 GROCERY HAUL

RECIPES: [Apple Nachos](#) | [Hummus Wraps](#) | [Broccoli & Sundried Tomato Quiche](#) | [Salad Niçoise](#) | [Vegan Vegetable Korma](#) | [Gingerbread Cutouts](#)

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

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

FRESH PRODUCE

2 red onions
1 bulb garlic
1 hunk fresh ginger root
2 broccoli crowns OR 1 bag broccoli florets
1 head cauliflower OR 1 bag cauliflower florets
1 pound thin green beans
1 (5-7oz) box salad greens, any variety
1 (5-7) oz bag baby spinach
1 package sprouts, any variety
2 large tomatoes
2 avocados
.25oz fresh mint

2 lemons
4 apples

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 dozen eggs

4oz log soft goat cheese
4oz block feta cheese

DRY GOODS

Canned Veg

1 (28oz) can chopped tomato, no sugar added
1 (15oz) can chopped tomato, no sugar added
1 can/jar sliced beets, no sugar added

Condiments

1 bottle Dijon mustard
1 jar pitted kalamata or mixed olives (grab these from the olive bar if that's an option!)

Rice/Legumes:

2 cans chickpeas
2 cans cannellini or white navy beans
1 bag whole (not split) lentils
1 bag/box rice of choice

Condiments

1 bottle Dijon mustard
1 jar pitted kalamata or mixed olives (grab these from the olive bar if that's an option!)

Baking

1 bag almond flour/meal
1 bag coconut flour
Baking soda
1 small bag/box sugar
1 bottle black strap molasses
Parchment paper or silicone mats
1 bag mini dark chocolate chips

Nuts/Seeds/Dried Fruits

1 jar natural almond butter, no sugar added
1 jar tahini (this may be in international aisle)
1 container sundried tomatoes

Breakfast

1 jar honey. Local to your area
International
1 (14.5oz) can full fat coconut milk

OILS & VINEGARS

Olive oil

Coconut oil. Cold pressed & unrefined

SPICES

Black pepper
Sea salt or pink Himalayan salt
Curry powder
Everything bagel seasoning
Ground ginger
Ground clove
Cinnamon
Nutmeg

BREADS

1 package grain free tortillas (if you do well with gluten, any type of wrap works well!)

NOTES:

Meal Prep Tips Week of 12.18

1. Make Hummus! Store in the fridge for quick wrap making mid week.
2. Cook Rice! Store covered in the fridge to quickly reheat for Korma.
3. Make Salad Dressing! Store at room temp and have on hand for a quick salad night.
4. Bake Quiche! Store covered in the fridge for up 3 days. Enjoy cold or quickly warm.
5. 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: