

## 12.24 GROCERY HAUL

**RECIPES:** [Gingerbread Muffins](#) | [Lentil Burgers](#) | [Roasted Beets with Poppyseed Dressing](#) | [Loaded Miso Bowl](#) | [Potato Quinoa Bake](#)

**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](mailto:info@sarahkaminski.com)

### FRESH PRODUCE

**1 small red onion**  
**1 bulb garlic**  
**1 hunk fresh ginger root**  
**1 large red, white or blue potato**  
**1 large sweet potato or yam**  
1 bunch beets, red or golden OR 1 pack prepared beets from produce section  
1 (5-7oz) bag arugula  
3 heads baby bok choy OR 1 head big bok choy  
1 bunch green onions  
1 sweet bell pepper, any color  
1 pint mushrooms, any variety  
Desired burger fixings (choose at least 2 veggies!):  
\_\_\_\_\_  
\_\_\_\_\_

6 cups/pieces of fruit to serve with muffins: \_\_\_\_\_

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

**½ dozen eggs**  
  
1 block organic firm tofu  
**1 container organic white miso paste**  
  
4oz log soft goat cheese  
4oz block cheddar cheese

### DRY GOODS

#### Condiments

**1 bottle Dijon mustard**

#### Canned Veg/Fruit

1 jar unsweetened applesauce OR 1 pack individual cups  
**1 (5-10oz) can mandarin oranges in juice**

#### Rice/Legumes:

**1 bag whole (not split) lentils OR 2 cans lentils**  
**1 bag quinoa**

#### Condiments

**1 bottle Dijon mustard**

Desired burger fixings:  
\_\_\_\_\_  
\_\_\_\_\_

#### Baking

**1 bag almond flour/meal**  
**Baking soda**  
**Parchment paper**

#### Breakfast

**1 bag gluten free rolled oats**  
**1 jar PURE maple syrup**

#### International

**1 bag/box rice noodles**  
**1 bottle Tamari**  
**Sesame seeds**

### OILS & VINEGARS

**Olive oil**  
**Sesame oil**  
**White wine vinegar**  
**Rice wine vinegar**

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Chili powder**  
**Ground ginger**  
**Ground clove**  
**Cinnamon**  
**Nutmeg**  
**Poppyseeds**  
**PURE vanilla extract**

### NOTES:

## Meal Prep Tips Week of 12.24

1. Bake Muffins! Store at room temp or in the fridge to have on hand for quick breakfasts served with fruit throughout the week. These freeze well, too!
2. Prepare burgers! Store in the fridge for quick reheat lunches with fixings throughout the week.
3. Make Salad Dressing! Store at room temp and have on hand for a quick beet salad night.
4. Roast Beets & Potatoes! Roast on separate sheets, at the same time! Beets for salads will roast for about 45 minutes, diced potatoes for Quinoa Bake will roast for about 30 minutes. Store in the fridge for up to 5 days for quick mid week dinners.

*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: