

## 12.31 GROCERY HAUL

**RECIPES:** [Pumpkin Chia Pudding](#) | [Curried Lentils](#) | [Chorizo & Kale with Parmesan Polenta](#) | [Thai Peanut Chop](#) | [Tofu Feta Tacos](#)

**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 red onion**  
**1 hunk fresh ginger root**  
**1 large carrot OR 1 bag baby carrots**  
1 (5-7oz) bag baby spinach  
1 large bunch kale OR 1 (10-12oz) bag kale  
1 bag slaw mix, any variety OR 1 small cabbage  
1 bunch fresh cilantro  
1 avocado

**1 lime**  
4 cups/pieces of fruit to serve with chia pudding: \_\_\_\_\_

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 block organic firm tofu  
1 package soy chorizo (this may be found in freezer aisle)

**4oz block parmesan cheese**  
4oz block feta cheese

### DRY GOODS

#### Nuts/Seeds

**1 jar natural peanut butter, no sugar added**  
**1 bag roasted, unsalted peanuts**  
**1 bag chia seeds**  
**1 bag ground flaxseed**  
**1 bag hemp hearts (this may be located in nutritional or breakfast aisle)**

#### Canned Veg/Fruit

**1 jar/tube tomato paste**

#### Rice/Legumes:

**1 bag whole (not split) lentils**  
**1 bag/box polenta/cornmeal/corn grits**

#### Soups

OPTIONAL: 1 quart veggie both, no sugar added

#### Baking

**1 (14.5oz) can pumpkin puree**

#### Breakfast

**1 jar honey, local to your area**  
**1 quart unsweetened vanilla almond milk**

#### International

**1 can full fat coconut milk**  
**1 jar red curry paste**  
**1 bottle tamari**  
**1 package corn tortillas**  
OPTIONAL: 1 bottle sriracha (this may be found with condiments)

#### OILS & VINEGARS

**Olive oil**  
**Coconut oil, cold pressed & unrefined**  
**Rice wine vinegar**

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Chili Powder**  
**Cinnamon**  
**Cumin**  
**Garlic Powder**  
**Onion powder**  
OPTIONAL: cayenne pepper

NOTES:

## Cooking Ninja Hacks:

- If you opt for baby carrots, you'll have extra! Keep them on hand for snacking throughout the week. Try dipping them in peanut butter, yum!
- If you buy a can of tomato paste, [use this hack](#) to preserve what's left!

## Meal Prep Tips Week of 12.31

1. Prepare Chia Pudding! Store in the separate containers in the fridge for grab and go breakfasts served with fruit throughout the week.
2. Make Curried Lentils! Store in (4) containers in the fridge for quick reheat lunches throughout the week.
3. Make Salad Dressing! Store at room temp and have on hand for a quick chop salad night.
4. Cook Chorizo & Kale! Cook & store covered in the fridge. Reheat and serve over fresh creamy polenta mid week.

*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: