

2.5 GROCERY HAUL

RECIPES: [Festive Egg Cups](#) | [Seriously Bomb Stir Fry](#) | [Mandarin Poppyseed Salad](#) | [Happy Cow Tacos](#) | [Sweet Potato Nachos](#)

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

1 red/purple onion
1 hunk fresh ginger root
2 large sweet potatoes
1 broccoli crown
1 bag slaw mix, any variety
1 (5-8oz) bag baby spinach
1 (5-8oz) bag salad greens, any variety
1 bunch green onion
2 sweet bell peppers, any color
1 additional pepper, hot or sweet
1 large tomato
1 bag snow peas or sugar snap peas (about 2 c)
1 bunch fresh cilantro

1 lime
6 cups/pieces of fruit to serve with egg cups: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 dozen eggs

1 block organic, firm tofu

4oz log soft goat cheese
4oz block cheddar cheese

DRY GOODS

Nuts/Seeds/Dried Fruit
1 bag roasted, unsalted peanuts

Rice/Legumes:

1 bag brown rice
2 cans black beans

Baking

1 small bag/box sugar
1 bag almond slivers
1 large bag walnut halves or pieces
Parchment paper

Breakfast

1 bottle PURE maple syrup

International

Tamari

1 package corn tortillas (at least 10)

OPTIONAL: sriracha hot sauce

Canned Fruit/Veg

1 (8-12oz) can mandarin oranges, in juice

SPICES

Black pepper
Sea salt or pink Himalayan salt
Chili Powder
Coriander
Cumin
Garlic powder
Onion powder
Oregano

OPTIONAL: cayenne pepper

OPTIONAL: poppyseeds

OILS & VINEGARS

Olive oil
Coconut oil, cold pressed & unrefined
Sesame oil
Peanut oil
White vinegar
Apple cider vinegar with "the mother"

NOTES:

Cooking Ninja Hack:

- Can't find canned mandarin oranges in juice? Don't stress! Buy whatever is available. When it's time to open them, drain and rinse with cool water.

Meal Prep Tips Week of 2.5

1. Bake Egg Cups! Store in fridge for quick grab and go breakfasts paired with fruit each day. Enjoy cold, or reheat!
2. Cook Rice! While it's cooking:
3. Prepare Seriously Bomb Stir Fry! Divide between (4) containers with cooked rice for easy grab & go lunches all week long.
4. Slice Sweet Potatoes! Store covered in the fridge for up to 5 days.
5. Make Salad Dressing! Store at room temp for a quick mid week salad night.

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: