

## 2.12 GROCERY HAUL

RECIPES: [Pear Crumble](#) | [Lentil Chili](#) | [Pittsburgh Salad with Creamy Dill Dressing](#) | [Cauliflower Pancakes](#) | [Spinach Artichoke Alfredo](#)

**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 bulb fresh garlic**  
**1 large red/purple onion**  
1 large head romaine lettuce  
1 pound box baby spinach  
1 tomato  
1 avocado  
.25oz fresh dill  
.25oz fresh chives  
OPTIONAL: 2 jalapenos

**1 lime**  
**1 small lemon**  
5 pears

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

**½ dozen eggs**

4oz block cheddar cheese  
OPTIONAL: 1 quart plain regular, or dairy free yogurt of choice to serve with Pear Crumble

### DRY GOODS

Nuts/Seeds/Dried Fruit  
**1 bag raw cashew or cashew pieces**  
**1 bag sunflower seeds, unsalted**  
**1 jar tahini (sesame seed paste)**  
**1 bag hemp hearts (these may be located in the breakfast or nutritional aisle)**

### Rice/Legumes:

**1 bag/box brown rice, quinoa or chickpea pasta**  
**1 bag whole (not split) lentils OR 3 cans lentils**

### Baking

**1 bag almond meal/almond flour**  
**1 small bag raw sugar**

### Breakfast

**1 bottle honey, local to your area**  
**1 bag gluten free rolled oats**

### International

**Sesame seeds**

### Canned Fruit/Veg

**1 (12-16oz) jar/can artichoke hearts in water**  
**1 (15oz) can tomato sauce, no sugar added**  
**1 (15oz) chopped tomato, no sugar added**

### Condiments

**Dijon mustard**  
**Stone ground mustard**

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Chili powder**  
**Cinnamon**  
**Cumin**  
**Everything bagel seasoning**  
**Garlic powder**  
**Onion powder**  
**Oregano**

### OILS & VINEGARS

**Olive oil**  
**Coconut oil, cold pressed & unrefined**  
**Apple cider vinegar with "the mother"**

### FREEZER

**1 bag French fries, any variety**  
**1 (12oz) bag riced cauliflower**

### NOTES:

## Cooking Ninja Hack and Fact:

- PRO: Using canned lentils vs bagged lentils will save about 20 minutes in cooking time for the chili. CON: Canned lentils are much less cost effective. Either way is fine, choose what is best for you!
- A Pittsburgh Salad is a giant salad with French fries and ranch dressing. Yes, it's really a thing! We've lightened ours up by adding a creamy cashew dressing, avocado and baked fries.

## Meal Prep Tips Week of 2.12

1. Bake Pear Crumble! Divide into (4) containers and pop in the fridge for quick grab and go breakfasts throughout the week. Enjoy cold, or reheat!
2. Make Chili! Divide into (4-5) containers for grab and go reheat lunches throughout the week.
3. Soak Cashews. Once they're soaked:
4. Make Creamy Dill dressing! This stores well in the fridge for up to 10 days.
5. Make Alfredo Sauce! Store in the fridge for up to 5 days, to quickly reheat on alfredo 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: