

2.19 GROCERY HAUL

RECIPES: [Muesli](#) | [Caribbean Stew](#) | [Miso Bowl with Potstickers](#) | [Kale Caesar with Spiced Chickpea Croutons](#) | [Thai Peanut Lettuce Wraps](#) | [Chai Tea Latte](#)

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

2 bulbs fresh garlic
1 small red onion
1 hunk fresh ginger root
1 small sweet potato
3 heads baby bok choy OR 1 (5-7oz) bag baby spinach
2 bunches kale OR 1 10-12oz bag kale
1 head Bibb or romaine lettuce
1 bunch celery
3 sweet bell peppers, any color
1 bunch fresh cilantro
.25oz fresh chives
OPTIONAL: 2 jalapenos

1 lemon
6 c fruit of choice to serve with muesli: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

4oz block parmesan cheese

1 tub organic white or yellow miso paste
1 block firm, organic tofu

½ gallon unsweetened dairy free milk of choice

DRY GOODS

Nuts/Seeds/Dried Fruit
1 jar natural peanut butter, no sugar or weird oils added
1 bag/container roasted, unsalted peanuts
1 bag raisins
1 bag unsalted sunflower seeds
1 bag hemp hearts (these may be located in the nutritional or breakfast aisle)
1 bag thick cut, unsweetened coconut shreds

Rice/Legumes:

1 can chickpeas
1 bag/box brown rice

Baking

Parchment paper or a silicone mat
1 box stevia packets OR 1 jar drops

Breakfast

1 jar honey, local to your area
1 bag gluten free rolled oats
1 box/box chai tea

International

Tamari
1 (15oz) full fat coconut milk
OPTIONAL: Sriracha hot sauce

Canned Fruit/Veg

1 (15oz) chopped tomato, no sugar added

Condiments

Stone ground/whole grain mustard

SPICES

Black pepper
Sea salt or pink Himalayan salt
Allspice
Cinnamon
Coriander
Cumin
Garlic powder
Nutmeg
Paprika
Turmeric
OPTIONAL: cayenne pepper

OILS & VINEGARS

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

FREEZER

1 bag shelled edamame
1 20-24oz box pot stickers or dumplings (look for a variety made with rice wrappers if gluten is a concern)

NOTES:

Cooking Ninja Hack & Food Fact:

- You'll have extra celery. Wash, and store like this in your fridge. Try it smeared with peanut butter for an yummy, nourishing snack. Add raisins to make "ants on a log"—kids love this one!
- Frozen potstickers/dumplings are often made with wheat wrappers. These are not gluten free. There are gluten free varieties made with rice wrappers. Either work fine for the miso bowl, choose the variety that works best based on your preference!

Meal Prep Tips Week of 2.19

1. Make Muesli! Divide into (5) containers and pop in the fridge for quick grab and go breakfasts throughout the week. Enjoy cold, or reheat!
2. Make Stew! Divide into (4-5) containers for grab and go reheat lunches throughout the week.
3. Make Caesar Dressing! This stores well in your pantry for up to 1 month.
4. Make Thai Peanut Drizzle! This stores well in your pantry for up to 1 month.
5. Cook Rice! Store in the fridge for up to 5 days, to quickly reheat for lettuce wraps.

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: