

## 1/8 GROCERY HAUL

RECIPES: [Sweet Potato Toast](#) | [Best Ever Chili](#) | [Tacos with Cashew Creme](#) | [Coconut Pho](#) | [Mushroom 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 red onion**  
**1 bulbs garlic**  
**1 hunk fresh ginger root**  
**2 medium/large sweet potatoes**  
3 pints mushrooms, any variety  
1 sweet bell pepper, any color  
1 additional large pepper, sweet or hot  
1 (7-10oz) bag baby spinach  
.25oz fresh basil  
OPTIONAL: 2 jalapeno peppers  
OPTIONAL: .25oz fresh cilantro

4 cups/pieces of fruit to serve with sweet potato toast: \_\_\_\_\_

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 block organic firm tofu  
4-5oz log soft goat cheese

### DRY GOODS

#### Nuts/Seeds

**1 bag raw, unsalted cashews**  
**1 jar natural peanut butter, no sugar added**  
**Hemp hearts** (these may be in the breakfast or nutritional aisle)

#### Canned Veg/Fruit

**1 15oz can tomato sauce, no sugar added**  
**1 15oz can chopped tomatoes, no sugar added**

#### Rice/Legumes:

**1 can black beans**  
**4 additional cans beans, any varieties, for chili**  
**1 bag/box chickpea, brown rice or quinoa pasta**

#### Baking

**1 small bag raw sugar**

#### Breakfast

**1 jar honey, local to your area**

#### International

**Sesame seeds**  
**Corn tortillas**  
**1 package rice noodles**  
**1 can full fat coconut milk**  
OPTIONAL: 1 bottle Sriracha

### OILS & VINEGARS

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

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Chili Powder**  
**Cumin**  
**Oregano**  
OPTIONAL: cinnamon

### NOTES:

## Cooking Ninja Hacks:

- You'll be using half a block of tofu for one recipe, and half for another. Once the package is open, cover remaining tofu with water and store covered in the fridge!
- Pho is pronounced "PHA." This is a spin on the traditional Vietnamese soup, consisting of noodles, herbs, and meat. It is SO GOOD and we are so excited to share it with you!

## Meal Prep Tips Week of 12.31

1. Bake Sweet Potatoes! Store in fridge for grab and go breakfasts served with fruit throughout the week.
2. Make Chili! Store in (4) containers in the fridge for quick reheat lunches throughout the week.
3. Soak Cashews! Do this up to 2 days ahead of time. Once the cashews are soaked you can...
4. Make Cashew Crème! This stores well covered in the fridge for up to 7 days. This stuff is too good, so if you want to double (or even triple) the recipe so you can smear it all over everything, we invite you to do that!

*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: