

## 1.15 GROCERY HAUL

**RECIPES:** [Chocolate Blender Muffins](#) | [Mushroom Kale Soup](#) | [Spiced Lentil Stuffed Spaghetti Squash](#) | [Double Greens with Maple Garlic Vinaigrette](#)  
[Sesame Broccoli Stir Fry](#) | [Spiced Milk](#)

**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)

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**Spiced milk ingredients are noted in red. If you're not including this on your menu this week, leave out of your grocery haul!**

### FRESH PRODUCE

**2 red/purple onions**  
**1 bulb garlic**  
**1 hunk fresh ginger root**  
**1 pound bag carrots** (or 1 bag baby carrots)  
1 bunch celery  
1 pound green beans (thin French style if available!)  
3 broccoli crowns  
1 (5oz) bag/box salad greens, any variety  
1 bunch kale, any variety  
1 pint mushrooms, any variety  
1 small avocado  
1 spaghetti Squash

**1 small lemon**

6 cups/pieces of fruit to serve with muffins: \_\_\_\_\_

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

**½ dozen eggs**

1 7-8oz block parmesan cheese

### DRY GOODS

#### Nuts/Seeds/Dried Fruit

**1 bag ground flaxseed**  
**1 bag dried apricot**

#### Condiments:

**Dijon mustard**

#### Canned Veg/Fruit

**1 15oz can/jar tomato sauce, no sugar added**

#### Rice/Legumes:

**1 bag/box brown rice**  
**1 bag whole (NOT split) lentils**  
**1 bag/box quinoa**

#### Baking

**Cocoa powder**  
**1 bag almond flour/almond meal**  
**Baking powder**  
**Baking soda**  
**Dark chocolate chips**  
**1 small bag/box sugar**  
**Stevia packets or drops**

#### Breakfast

**1 bag gluten free rolled oats**  
**1 quart unsweetened vanilla almond milk**  
**1 bottle PURE maple syrup**

#### International

**1 bottle Tamari**  
OPTIONAL: 1 bottle Sriracha  
OPTIONAL: sesame seeds

### OILS & VINEGARS

**Olive oil**  
**Sesame oil**  
**Peanut oil**  
**White wine vinegar**

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Chili Powder**  
**Everything bagel seasoning**  
**Garlic Powder**  
**Nutmeg**  
**Cinnamon**  
**Ground ginger**  
**Turmeric**  
OPTIONAL: Cayenne Pepper

### FREEZER

**1 bag shelled edamame**, organic if available

### NOTES:

## Cooking Ninja Hacks:

- Shave parmesan cheese using a vegetable peeler. Peel right from the block, just like you would peel a carrot or potato! [Here's a quick demo.](#)
- You'll have extra celery. Wash & slice into snacking size sticks. Place in a clear container, cover with water & pop in the fridge to keep nice and crispy! We love dipping celery in nut butter or hummus—get your snack on.

## Meal Prep Tips Week of 1.15

1. Bake Muffins! Store in fridge or on the counter for grab and go breakfasts served with fruit throughout the week. These freeze well, too!
2. Make Soup! Store in (4) containers in the fridge for quick reheat lunches throughout the week.
3. Cook Lentils & Quinoa for Spiced Lentils! Cook these together in the same pot. Store in the fridge for up to 5 days for quick stuffed squash night.
4. Roast Spaghetti Squash! Do this while you're cooking the lentils and quinoa. Store in the fridge to easily reheat and stuff mid week.
5. Make salad dressing! Store at room temp.

*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: