

1.22 GROCERY HAUL

RECIPES: [Pumpkin Pancakes](#) | [Apple Ginger Lentils](#) | [Loaded Sweet Potato Bowls](#) | [Tahini Alfredo](#) | [Cauliflower Chimichurri](#)

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 shallot
1 bulb garlic
2 large sweet potatoes
1 hunk fresh ginger root
1 pound box/bag baby spinach
1 head cauliflower OR 1 bag cauliflower florets
1 bunch fresh cilantro
1 bunch fresh parsley
.25oz fresh chives
OPTIONAL: 1 small jalapeno

3 limes
1 small lemon
1 large apple (or 2 small)
5 cups/pieces of fruit to serve with pancakes: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 (4-6oz) container full fat, plain Greek yogurt
1 4oz block cheddar cheese

DRY GOODS

Nuts/Seeds/Dried Fruit
1 bag ground flaxseed
1 bag unsalted sunflower seeds
1 jar tahini (sesame seed paste)

Rice/Legumes:

1 bag whole (NOT split) lentils OR 2 cans lentils
1 can black beans
1 can chickpeas
1 bag/box brown rice, quinoa or chickpea pasta

Baking

Baking powder
1 small bag/box sugar
Parchment paper

Breakfast

1 bag gluten free rolled oats
1 bottle PURE maple syrup
1 jar honey, local to your area
1 quart unsweetened non dairy milk of choice

International

Sesame seeds

SPICES

Black pepper
Sea salt or pink Himalayan salt
Cinnamon
Ground Clove
Cumin
Garlic powder
Nutmeg
Onion Powder
OPTIONAL: cayenne pepper

OILS & VINEGARS

Olive oil
Coconut oil, cold pressed & unrefined
Red wine vinegar

FREEZER

1 bag shelled sweet peas
1 gluten free pizza shell

BAKERY/BREADS

OPTIONAL (if not opting for GF pizza crust): 2 naan breads or flatbreads

NOTES:

Canned Veg/Fruit

1 15oz can pure pumpkin pur

Cooking Ninja Facts:

- Chimichurri is traditionally used in South American cuisine as a compliment to grilled meat. We're giving it a fresh spin that does NOT disappoint!

Meal Prep Tips Week of 1.22

1. Make Pancakes! Store in fridge or on the counter for grab and go breakfasts served with fruit throughout the week. These freeze well, too!
2. Make Apple Ginger Lentils! Store in (4) containers in the fridge for quick, light lunches throughout the week.
3. Bake sweet potatoes! Have on hand for quick mid week potato bowls. Store in the fridge for up to 5 days.
4. Make chimichurri! Prepare in food processor, store in the fridge for up to 5 days.

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: