

## 1.29 GROCERY HAUL

**RECIPES:** [Mango Muffins with Toasted Coconut](#) | [Chickpea Burgers](#) | [Mushroom & Wild Rice Bisque](#) | [BBQ Sheet Pan Tofu with Veggies](#) | [Kale & Pear Salad with Power Seeds](#)

**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

#### 2 red onions

1 shallot

#### 2 medium sweet potatoes

2 pounds mushrooms (32oz), any varieties

2-3 broccoli crowns

1 bunch kale OR 1 5-7oz box baby kale

.25oz fresh thyme

Desired burger fixings (choose at least 2 veggies!):

#### 2 lemons

1 mango (or opt for frozen chunks!)

2 pears

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

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

#### ½ dozen eggs

1 container organic white miso paste (this will be in the refrigerated section near the tofu!)

1 block organic, firm tofu

4oz block feta cheese

### DRY GOODS

#### Nuts/Seeds/Dried Fruit

1 bag unsweetened coconut shreds

1 jar tahini (sesame seed paste)

1 bag unsalted pepita (shelled sunflower seeds; they're green!)

1 bag unsalted sunflower seeds

#### Rice/Legumes:

1 bag brown or wild rice

2 cans chickpeas

#### Baking

1 bag Almond flour/almond meal

1 bag garbanzo/chickpea powder

1 box brown sugar

Baking soda

Parchment paper

#### Breakfast

1 bag gluten free rolled oats

1 bottle PURE maple syrup

#### International

1 can full fat coconut milk

Sesame seeds

#### Condiments

1 bottle BBQ, no corn syrup added

Desired burger fixings: \_\_\_\_\_

### SPICES

Black pepper

Sea salt or pink Himalayan salt

Bay leaves

Chili powder

### OILS & VINEGARS

Olive oil

Coconut oil, cold pressed & unrefined

### FREEZER

OPTIONAL: 1 bag frozen mango (if not buying fresh)

NOTES:

## Cooking Ninja Facts:

- Still leery of tofu? Paired with the BBQ sauce on this week's sheet pan meal is a super delish way to give it a go! [Here's what to look for when buying!](#)

## Meal Prep Tips Week of 1.22

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 Chickpea Burgers! Store in containers in the fridge for quick lunches with your favorite fixings throughout the week.
3. Make Soup! Have on hand for a quick mid week meal. Store in the fridge for up to 5 days.
4. Dice Sweet Potatoes! Store in the fridge for up to 5 days.
5. Make Salad Dressing! Store in the fridge for a quick mid week salad 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: