

7.2 GROCERY HAUL

RECIPES: [Watermelon Bruschetta](#) | [Gazpacho](#) | [BBQ Cauliflower Tacos](#) | [Broccoli & Sweet Pepper Pasta](#) | [Caesar Salad](#)

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!

FRESH PRODUCE

2 purple/red onion

1 bulb garlic

1 bag of 3 romaine hearts OR 1 large head romaine lettuce

1 (6-8oz) bag slaw mix, any variety

2 English cucumbers

2 peppers, any variety, hot or sweet

1 additional sweet bell pepper

7 tomatoes

1 pint cherry tomato

1 head cauliflower OR 1 bag cauliflower florets

2 large broccoli crowns

2oz fresh basil

1 small bunch fresh cilantro

2 avocados

1 lemon

1 medium seedless watermelon

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

3-4oz block parmesan cheese

8oz buffalo mozzarella, in water

4oz log soft goat cheese

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta

1 can chickpea

Condiments

1 jar whole grain mustard

1 jar capers

1 jar BBQ sauce, no corn syrup added

International

1 package (6 or more) corn tortillas

Breakfast:

1 jar honey, local to your area

Baking:

Parchment paper

1 bag/box raw sugar

1 small bag almond slivers

OILS & VINEGARS

Olive oil, cold pressed

Apple cider vinegar, unfiltered with “the mother”

Balsamic vinegar

SPICES

Black pepper

Sea salt or pink Himalayan salt

Garlic powder

Cumin

Cumin seed

Paprika

SNACKAGE

OPTIONAL (if not buying parmesan cheese for

1 (2-3oz) bag parmesan crisps

NOTES:

HOLIDAY IDEAS to feed a group with this MEAL PLAN

1. Cube the bruschetta and serve with salad tongs to feed a group.
2. Serve the gazpacho right out of the fridge. Pop a ladle into the pot for serve-yourself, serve with sliced avocado on the side.
3. Serve the BBQ cauliflower, without tacos shells, as an app/side. Serve the slaw on the side.
4. Try the Broccoli Pasta served warm or cold!
5. Toss the Caesar with dressing just before serving. Makes a perfect addition to any cookout spread.

MEAL PREP TIPS week of 7.2

1. Make Watermelon Bruschetta! Divide in (4) containers for easy grab and go breakfasts all week long.
2. Make balsamic drizzle for bruschetta! Store covered in your pantry. Will keep for a long time!
3. Make gazpacho! Divide evenly into (4) containers for easy grab and go lunches throughout the week.
4. Make salad dressing! Store covered at room temp for up to 2 weeks.

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!