

7.9 GROCERY HAUL

RECIPES: [Chocolate Pancakes](#) | [Greek Chop with Edamame](#) | [Tomato Basil Pasta](#) | [BLT Lettuce Cups](#) | [Sesame Seared Tofu with Apricot Glaze](#) | [Summer Fruit with Coconut Whip](#)

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!

Summer fruit with coconut whip ingredients are in red. If you don't plan to make this, leave these items off of your grocery haul!

FRESH PRODUCE

1 bulb garlic

1 purple/red onion

OPTIONAL: 1 additional red onion

2 bags salad greens, any variety OR 1 large head of lettuce

1 head Bibb or romaine lettuce

1 bag slaw mix, any variety OR ½ cabbage

1 head broccoli OR 1 bag broccoli florets

1 English cucumber

8 tomatoes (look for 2 bunches of tomatoes on the vine!)

1 large avocado

.25oz fresh oregano

2oz fresh basil

1 large banana (if you have these in the freezer, that will be perfect!)

4 cups/pieces fruit of choice to serve with pancakes

3 additional cups/pieces of fruit for coco whip

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

6oz block feta cheese

6-8oz buffalo mozzarella (in water)

1 block organic, firm tofu

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta

Breakfast:

1 quart unsweetened milk of choice

Condiments

1 bottle liquid smoke (if your grocer doesn't carry this, don't stress!)

1 jar apricot jam, no corn syrup added

Nuts/Seeds

1 bag ground flaxseed

Canned Fruit/Veg:

1 jar pitted kalamata or mixed olives (get these from an olive bar if that is an option!)

International

1 bottle Tamari

1 can full fat coconut milk

Breakfast:

1 jar PURE maple syrup

Baking:

1 small bag/box raw sugar

Cocoa powder

Baking powder

1 bag thick, unsweetened coconut shreds

Parchment paper

OILS & VINEGARS

Olive oil, cold pressed

Coconut oil, cold pressed & unrefined

Red wine vinegar

Sesame oil

SPICES

Black pepper

Sea salt or pink Himalayan salt

Paprika

Garlic powder

Ginger powder

OPTIONAL: Everything Bagel Seasoning

OPTIONAL: Cinnamon

FREEZER

1 (12oz) bag shelled edamame

NOTES:

MEAL PREP TIPS week of 7.9

1. Make Pancakes! Store in the fridge for easy grab & go breakfasts all week long. These freeze well, too.
2. Make Salad Dressing! Store covered in your pantry. Will keep for several weeks.
3. Make Chop Salads! Divide evenly into (4) containers for easy grab and go lunches throughout the week.
4. Make apricot glaze! Store at room temp.
5. Make 'bacon!' Allow to cool, then store in at room temp for quick mid week BLTs.
6. If you are making coconut whip, pop your coconut milk in the fridge so that it's ready when you are.

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!