

7.16 GROCERY HAUL

RECIPES: [Peach Breakfast Tortilla](#) | [Chop Salad with Herbs](#) | [Grilled Cauliflower Crust Pizza](#) | [Primavera Bake](#) | [Crispy BBQ Tofu Bowls](#)

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

1 bulb garlic

1 bunch kale OR 1 (5-7oz) bag baby kale
1 (5-7oz) bag arugula
1 bunch fresh parsley
2 zucchini
2 cucumbers
1 broccoli crown
1 pint cherry tomato OR 2 large tomatoes
1 additional large tomato
1 portobello mushroom
2 ears corn
1 avocado
.5oz fresh basil
.25oz fresh mint

2 lemons

4 peaches
1/3 pound red grapes

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

4oz log soft goat cheese
3-4oz block sharp cheddar cheese
15oz container full fat or low fat ricotta cheese
5oz block parmesan cheese

1 block organic, firm tofu

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta
1 bag WHOLE (not split) lentils
1 bag/box brown rice

Condiments

1 jar Dijon mustard
1 jar BBQ sauce, no corn syrup added

Nuts/Seeds

1 bag unsalted sunflower seeds

Baking

Parchment paper

International

1 package corn tortillas (8 or more)
12oz jar marinara sauce, no sugar added

Breakfast:

OPTIONAL: 1 jar PURE maple syrup

OILS & VINEGARS

Olive oil, cold pressed
Red wine vinegar

SPICES

Black pepper

Sea salt or pink Himalayan salt
OPTIONAL: crushed red pepper
OPTIONAL: cinnamon

FREEZER

1 frozen cauliflower pizza crust

NOTES:

MEAL PREP TIPS week of 7.16

1. Make Salad Dressing! Store at room temperature.
2. Make Salads! Divide evenly into (4) containers for easy grab and go lunches throughout the week.
3. Break Broccoli crown into florets! Store covered in the fridge for up to one week.
4. Cut corn off cob. Store in airtight container 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!