

## 7.23 GROCERY HAUL

RECIPES: [Oatcakes](#) | [Lentil Quinoa Pilaf](#) | [Summer Primavera](#) | [Mediterranean Rice Bowl](#) | [Rainbow Tostadas](#) | [Peach Crisp](#)

**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!

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Peach Crisp ingredients highlighted in red. If you don't plan to make this, leave these items out of your cart!

### FRESH PRODUCE

**2 bulbs garlic**  
**2 purple onions**  
**1 pound bag whole carrots**  
1 bunch celery  
1 yellow summer squash, or zucchini  
2 portobello mushroom caps  
4 sweet bell pepper, any color  
2 tomatoes  
1 pint cherry tomato  
1 bunch fresh parsley  
1 (5-7oz) baby spinach  
2 avocado  
.5oz fresh basil

**1 lemon**  
**1 lime**  
4 c/pieces fruit of choice to serve with oatcakes: \_\_\_\_\_  
**1/2 dozen peaches**  
2 ripe bananas (if you have some in your freezer, these are perfect)

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

**½ dozen eggs**  
4oz block feta cheese  
4oz pepperjack cheese (block or slices)

### DRY GOODS

#### Rice/Legumes:

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

#### Condiments

**1 jar pitted kalamata olives (or from the olive bar if that's an option!)**

#### Baking

**Baking powder**  
**1 bag almond flour/almond meal**  
**1 small bag/box raw sugar**

#### Breakfast:

**1 quart unsweetened vanilla almond milk**  
**1 jar honey, local to your area**  
**1 jar PURE maple syrup**  
**1 bag gluten free rolled oats**  
**1 small bag/box raw sugar**

#### International:

**1 package soft corn tortillas**

### OILS & VINEGARS

**Olive oil, cold pressed**  
**Coconut oil, cold pressed & unrefined**

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Paprika**  
**Cumin**  
**Turmeric**  
**cinnamon**  
OPTIONAL: crushed red pepper

### NOTES:

## MEAL PREP TIPS week of 7.23

1. Make Oatcakes! Store in the fridge for quick breakfasts throughout the week.
2. Make Quinoa Lentil Pilaf! Divide evenly into (4) containers for easy grab and go lunches throughout the week.
3. You'll have extra celery! [Watch this short video](#) to learn how to store. Smear leftover stalks with nut butter for snacking!
4. Cook Rice! Store covered in the fridge for up to 6 days.
5. Bake Peach Crisp! You will be so happy you did.

*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!*