

7.30 GROCERY HAUL

RECIPES: [Strawberry Daiquiri Smoothie Bowls](#) | [Vegan Broccoli Salad](#) | [Summer Coconut Curry](#) | [Southwest Zucchini Bake](#) | [Peach Caprese](#)

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 purple onion
2 heads broccoli
3 zucchini
½ pound green beans
½ dozen ears corn
1 pint cherry tomato
1 small eggplant
1 (5-7oz) bag baby salad greens OR 1 small head lettuce
1 bunch fresh cilantro
.25oz fresh basil
OPTIONAL: 1 jalapeno

1 lemon
3 limes
2 peaches
2 bananas (if you have these in the freezer, perfect!)

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

8oz buffalo mozzarella pearls, in water
4oz block cheddar cheese
1 block organic, firm tofu

DRY GOODS

Rice/Legumes:

1 bag/box brown rice
1 can black beans

Nuts/Seeds/Dried Fruit

1 bag RAW cashews (not roasted)
1 bag hemp hearts (these may be in the breakfast or nutritional aisle)
OPTIONAL: 1 bag unsweetened coconut shreds

Canned Fruit/Veg:

OPTIONAL: 2 (15oz) can corn, no sugar added (if not buying fresh)

Baking

1 box raisins
1 bag/box raw sugar

International

1 jar red curry paste
1 (15oz) can full fat coconut milk
1 bottle Tamari

Breakfast:

½ **gallon unsweetened milk of choice**
1 bottle PURE maple syrup

OILS & VINEGARS

Olive oil, cold pressed
Coconut oil, cold pressed & unrefined
1 bottle apple cider vinegar, with “the mother”

SPICES

Black pepper
Sea salt or pink Himalayan salt
Cumin
Chili powder
Coriander

NOTES:

MEAL PREP TIPS week of 7.30

1. Prep Smoothie Bowls! Prep ingredients in wide mouth mason jars or freezer baggies for easy grab and blend throughout the week.
2. Soak cashews! Cover with water and set aside overnight to soften and let them work their magic.
3. Make Broccoli Salad! Divide into (4) separate containers for easy grab & go lunches throughout the week OR store covered for a quick light dinner.
4. Cook Rice! Store covered in the fridge for up to 6 days.
5. Make salad dressing! Store in the fridge for quick drizzling on 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!