

6.4 GROCERY HAUL

RECIPES: [Gluten Free Pancakes](#) | [Caprese Hummus](#) | [Creamy Leek & Pea Pasta](#) | [Strawberry Fields Salad](#) | [Rice Burgers](#) | [Mango Frozen Yogurt](#)

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!

Ingredients for the Mango Frozen Yogurt are in red. If you're opting out of it this week, leave these items out of your cart!

FRESH PRODUCE

1 red/purple onions

1 shallot

1 bulb garlic

1 pint cherry tomato

1 bag baby carrots

1 bunch celery

1 pound box baby spinach

1 leek OR 1 bunch green onions

1 bunch red or golden beets OR 1 package prepared beets from produce section

Fixings for burgers (choose at least 2 veggies): _____

4c fruit of choice to serve with pancakes: _____

1 pound strawberries

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

7-8oz log soft goat cheese

1 dozen eggs

1 individual cup vanilla yogurt, traditional or Greek

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta

1 bag brown rice

2 cans cannellini or white navy beans

Nuts/Seeds

1 bag ground flaxseed

Breakfast

1 jar PURE maple syrup

1 bag gluten free rolled oats

Condiments

1 (5-7oz) jar prepared pesto

1 jar dijon mustard

Fixings for burgers: _____

International

1 jar tahini

Baking:

Parchment paper

Baking powder

1 small bag walnuts

OILS & VINEGARS

Coconut oil, cold pressed & unrefined

Olive oil, cold pressed

Balsamic vinegar

SPICES

Black pepper

Sea salt or pink Himalayan salt

Cinnamon

Cumin

Garlic powder

OPTIONAL: crushed red pepper

SNACKS

1 box brown rice crackers

FREEZER

1 (10-12oz) bag sweet peas

1 (10oz) bag mango chunks

NOTES:

COOKING NINJA & SHOPPING HACK

[If you've never sliced a leek, check out this short tutorial!](#)

You'll pick up 1 pound of strawberries this week. Use half with the salad, and half to serve with pancakes!

MEAL PREP TIPS week of 6.4

Hit the #easybutton while grocery shopping! 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!

1. Make pancakes! Store in the fridge for easy grab & go throughout the week. These freeze well, too!
2. Make hummus! Store covered in the fridge for quick grab & go lunches all week long
3. Make salad dressing! Store in the fridge.
4. Roast beets! Store in the fridge for up to 5 days for quick salads mid week.
5. Cook rice! Store covered in the fridge for up to 5 days for quick burgers mid week.