

6.11 GROCERY HAUL

RECIPES: [Strawberry Tacos](#) | [Vegetable Pasta Salad](#) | [Seriously Bomb Summer Kale Bowl](#) | [Rosemary Cauliflower Power Bowl](#) | [Southwest Power Bowl](#)

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 large shallot
1 bulb garlic
1 large sweet potato
1 bunch kale, any variety OR 1 (5-7oz) bag kale
2 broccoli crowns OR 1 bag broccoli florets
1 large head cauliflower OR 1 bag cauliflower florets
1 zucchini
1 sweet bell pepper, any color
2 pints cherry tomato
1 small bunch cilantro
.75oz fresh basil
.25oz fresh rosemary
1 avocado
OPTIONAL: 1 fresh jalapeno

1 lemon
1 lime
1 pound strawberries

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs
6-8oz log buffalo mozzarella cheese
4-5oz log soft goat cheese
4oz block parmesan cheese

DRY GOODS

Rice/Legumes:
1 bag/box brown rice, quinoa or chickpea pasta
1 can black beans
1 can kidney beans

Condiments

1 jar dijon mustard
1 jar pitted kalamata or mixed olives (or from olive bar)

International

1 jar tahini
1 package (8 or more) soft corn tortillas
1 can full fat coconut milk

Baking:

Parchment paper
1 small bag/box raw sugar
OPTIONAL: cocoa powder

OILS & VINEGARS

Olive oil, cold pressed
Coconut oil, cold pressed & unrefined
Red wine vinegar

SPICES

Black pepper
Sea salt or pink Himalayan salt
1 jar everything bagel seasoning
OPTIONAL: Crushed red pepper

FREEZER

1 bag shelled edamame

NOTES:

MEAL PREP TIPS week of 6.11

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 pasta salad! Store covered in the fridge for quick grab & go lunches all week long.
2. Wash & cut tops off strawberries! Store uncovered in the fridge for quick breakfast assembly all week long.
3. Make kale bowl drizzle! Store covered, at room temp.
4. Bake sweet potato! Store in the fridge for up to 5 days for quick kale bowl assembly mid week.
5. Prepare pico de galo! Store covered in the fridge for up to 5 days for quick southwest power bowls mid week.