

3.5 GROCERY HAUL

RECIPES: [Sweet Tahini Smoothie Bowl](#) | [Mediterranean Chickpeas](#) | [Sheet Pan Buddha Bowls](#) | [Lentil Meatballs](#) | [Portobello Poblano Fajitas](#)

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!

Questions about ingredients or swaps? Check out the [Resource Archive](#) inside your Member Hub, or send us a quick email info@sarahkaminski.com

FRESH PRODUCE

1 red onion
2 bulbs garlic
1 hunk fresh ginger root
2 small (or 1 large) sweet potatoes
1 bunch beets
2 poblano peppers (if your grocery does not carry these, bell peppers will do!)
1 (5-7oz) baby spinach
1 (5-7oz) bag salad greens, any variety
1 bunch kale
2 large or 3 medium portobello mushrooms
.25oz fresh oregano

2 lemons
6 bananas (you'll want 2 fresh, and 4 frozen, so if you have some stashed in your freezer, these will work!)

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ gallon unsweetened non dairy milk of choice

4oz block feta cheese
1 individual cup full fat, plain Greek yogurt or dairy free alternative of choice

DRY GOODS

Nuts/Seeds/Dried Fruit

1 bag Medjool dates
1 jar tahini (sesame seed paste)
1 bag ground flaxseed

Baking

1 bag almond flour/almond meal

International

1 bottle tamari
1 package corn tortillas
OPTIONAL: sesame seeds

Legumes/Grains

3 can chickpeas
2 cans lentils
1 bag quinoa, brown rice or chickpea pasta

Canned Fruit/Veg

1 (18-25oz) jar marinara sauce, no sugar added
1 (8oz) jar roasted red peppers

Condiments

1 bottle Dijon mustard
1 jar pitted mixed or kalamata olives (grab these from the olive bar if possible!)

SPICES

Black pepper
Sea salt or pink Himalayan salt
Chili powder
Cinnamon
Cumin
Garlic powder
Nutmeg
Onion Powder
OPTIONAL: cayenne pepper

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OILS & VINEGARS

Olive oil
Red wine vinegar

FREEZER

1 (12oz) bag riced cauliflower
1 (16oz) bag cherries

NOTES:

Shopping Ninja Hack and Food Fact:

- You can totally use dry lentils vs canned if you'd like. If going this route, cook 3 cups dry lentils to use between Buddha Bowls (about 2/3 c cooked) and Lentil Meatballs (whatever is remaining!)
- Poblano peppers are a very popular mild Mexican chili pepper. They are dark green, and almost resemble a heart shape! Many grocers carry these, but if you cannot find them, grab bell peppers for the fajitas instead.

Meal Prep Tips Week of 3.5

1. Prep smoothie jars/bags! Pop in the freezer for quick mid week blending.
2. Make Bean Salad! Divide into 4-5 containers (over salad greens if desired) for grab and go lunches throughout the week.
3. Make Garlic Tahini Drizzle! Store at room temp to have on hand for Buddha Bowls.
4. Cook lentils! Store in the fridge for up to 5 days to have on hand for Sheet Pan Buddha Bowls + Meatballs mid week.
5. Partially Roast Beets & Sweets! Bake at 425* for 25 minutes. Finish roasting with kale & lentils for mid week Buddha Bowls

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!

NOTES: