

## 3.12 GROCERY HAUL

RECIPES: [Hulk Muffins](#) | [Cran Apple Salad](#) | [Coconut Spinach & Chickpea](#) | [Portobello Pizzas](#) | [Sesame Crusted Tofu](#)

**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](mailto:info@sarahkaminski.com)

### FRESH PRODUCE

**1 red onion**  
**1 bulb garlic**  
**1 hunk fresh ginger root**  
1 pound baby spinach  
1 10-12oz bag salad greens OR 1 large head lettuce  
2 broccoli crowns  
1 head bok choy OR 3 heads baby bok choy  
6 portobello mushrooms  
.5oz fresh basil  
1 tomato

**1 small lemon**  
4 apples  
6 cups/piece fruit to serve with muffins: \_\_\_\_\_

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 block firm, organic tofu

1 15oz container full fat or part skim ricotta cheese  
**3-4oz parmesan cheese**

### DRY GOODS

#### Nuts/Seeds/Dried Fruit

**1 jar apricot jam, no corn syrup added**  
**1 bag unsalted cashews**  
**1 bag sundried tomatoes (these may be located in the deli or in the produce section)**  
**1 bag dried cranberries**

#### Baking

**Baking soda**  
**Baking powder**  
**1 bag almond flour/almond meal**  
**Parchment paper**

#### Breakfast

**1 bag gluten free rolled oats**  
**1 quart unsweetened non dairy milk of choice**  
**1 bottle PURE maple syrup**  
**1 jar honey, local to your area**

#### International

**sesame seeds**  
**1 bottle Tamari**  
**1 can full fat coconut milk**

#### Legumes/Grains

**1 bag/box brown rice**  
**1 can chickpea**

#### Canned Fruit/Veg

**1 (14oz) can tomato sauce, no sugar added**

#### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Ground Celery Seed**  
**Garlic powder**

### OILS & VINEGARS

**Olive oil**  
**Coconut oil, cold pressed & unrefined**  
**Peanut oil**  
**Apple cider vinegar, with “the mother”**

NOTES:

## Shopping Ninja Hack:

- We are breaking up 1 pound of spinach in a different way this week! Don't worry about it needing to be perfect – a guesstimate will work perfectly for each recipe.

## Meal Prep Tips Week of 3.12

1. Bake Muffins! Store at room temp for quick grab and go breakfasts with fruit throughout the week. These freeze well, too!
2. Make Cran Apple Salads! Divide into 4 containers for grab and go lunches throughout the week.
3. Make Salad Dressing! Store at room temp to have on hand for lunch salads
4. Cook rice! Store in the fridge for up to 5 days to have on hand to quickly reheat with Coconut Spinach & Chickpeas

*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: