

3.19 GROCERY HAUL

RECIPES: [Tropical Overnight Oats](#) | [Lentil Brown Rice Stew](#) | [Avocado Egg Salad Cups](#) | [Pesto Cauliflower Power Bowl](#) | [Black Bean Pineapple Tacos](#)

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
1 sweet potato
1 bunch celery
1 head bibb or romaine lettuce
1 (5-7oz) bag baby spinach
1 head cauliflower OR 1 bag cauliflower florets
1 pint cherry tomato
2 avocados
1 sweet bell pepper, any color
.5oz fresh cilantro

2 bananas

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

OPTIONAL: 1 block parmesan cheese

DRY GOODS

Nuts/Seeds/Dried Fruit

1 bag chia seeds
1 bag hemp hearts (these may be located in the nutritional or breakfast aisle)
1 bag unsweetened coconut shreds

Condiments

1 (5-7oz) jar pesto

Baking

Parchment paper or a silicone mat

Breakfast

1 bag gluten free rolled oats
1 jar honey, local to your area
1 quart unsweetened dairy free milk of choice

International

Corn tortillas

Legumes/Grains

1 bag whole (not split) lentils
1 bag quinoa
1 bag/box brown rice
1 can black beans

Canned Fruit/Veg

1 (14.5oz) chopped tomato, no sugar added
1 (15-20oz) can pineapple chunks in juice (or ½ fresh pineapple; slice the other half for snacking)

SPICES

Black pepper
Sea salt or pink Himalayan salt
Bay leaf
Garlic powder
Thyme

OILS & VINEGARS

Olive oil
Red wine vinegar

FREEZER

1 (10-12oz) bag mango chunks (OR 2 fresh mangos)

NOTES:

Food Prep Hack + Shopping Ninja Hack:

- You will likely have extra celery. Cut from the base, rinse, and [store like this](#) in the fridge. We love to have it on hand for snacking, smeared with nut butter or dipped in hummus (or a little leftover pesto!)
- We're using frozen mango and canned pineapple this week to hit the #easybutton. If you prefer to use fresh, go for it!

Meal Prep Tips Week of 3.17

1. Make Overnight Oats! Store in the fridge for quick grab and go breakfasts with fruit throughout the week for up to 5 days.
2. Make Brown Rice Lentil Stew! Divide into 4-5 containers for grab and go lunches throughout the week. Freezes well, too!
3. Hard boil Eggs! Store in the fridge for quick peeling and egg salad mid week. Do this up to 1 week ahead of time.
4. Cook quinoa + lentils! Store in the fridge for up to 5 days to have on hand to quickly reheat with Pesto Cauliflower.

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: