

3.26 GROCERY HAUL

RECIPES: [Banana Bread Pancakes](#) | [Thai Peanut Chop Salad](#) | [Black Bean Soup](#) | [Collard Green Wraps with Peanut Sauce](#) | [Fajita Bowls](#)

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

2 red onions

1 bulb garlic

1 bunch collard greens (whole leaves, not chopped)

1 bunch kale

1oz fresh basil

.5oz fresh cilantro

1 bag shredded carrots OR 6 whole carrots

1 bag slaw mix, any variety

2 sweet bell peppers, any color

1 pint mushrooms, any variety

1 avocado

OPTIONAL: 1 jalapeno

3 ripe bananas (if you have these in your freezer that works, too!)

5-6 cups/pieces of fruit to serve with pancakes

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 block organic, firm tofu

3-4oz cheddar cheese

DRY GOODS

Nuts/Seeds/Dried Fruit

1 bag ground flaxseed

1 jar natural peanut butter, no sugar or weird oils added

1 jar dry roasted, unsalted peanuts

Baking

Almond flour/almond meal

Coconut flour

Baking powder

Breakfast

1 jar PURE maple syrup

International

1 box/bag rice noodles

1 bottle Tamari

1 (12oz) jar salsa, no sugar added

OPTIONAL: Sriracha hot sauce

Legumes/Grains

1 bag/box brown rice

4 cans black beans

Soups

1 quart veggie broth, no sugar added

Canned Fruit/Veg

SPICES

Black pepper

Sea salt or pink Himalayan salt

Bay leaf

Cinnamon

Cumin

Oregano

Paprika

Turmeric

OILS & VINEGARS

Olive oil

Coconut oil. cold pressed & unrefined

Rice wine vinegar

BREADS/WRAPS

1 package grain free and/or gluten free tortillas, any variety

NOTES:

Food Fact:

Never had collard greens? This week is an awesome time to try them!! Nutrient diversity (aka a variety of different nutrients from a variety of different plant foods) is good for our overall health and vitality. So, lots of plant foods, in lots of different colors & varieties = lots of awesome.

Meal Prep Tips Week of 3.26

1. Make Pancakes! Store in the fridge for quick grab and go breakfasts with fruit throughout the week for up to 5 days. These freeze well, too.
2. Make Peanut Sauce! You'll be using this between the Collard Wraps and the Chop Salads, so be sure to double the recipe to have on hand all week.
3. Make Thai Peanut Chop Salads! Divide into (4) containers for easy grab and go lunches throughout the week.
4. Braise Collard Greens! Store in fridge on a plate with a paper towel over top.
4. Cook Rice! Store in the fridge to have on hand for easy reheat on Fajita Bowl night.

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: