

5.8 GROCERY HAUL

RECIPES: [Chocolate Energy Balls](#) | [Falafel Bowls](#) | [Pasta with Roasted Red Pepper Sauce](#) | [Vegetarian Bimimbap Bowls with Quick Pickles](#) | [Veghead 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!

FRESH PRODUCE

2 red/purple onions
1 bulb fresh garlic
1 hunk fresh ginger root
1 pepper, hot or sweet
1 pint mushrooms, any variety
1 pound bag carrots (or 3 large lose carrots)
2 small zucchini or 1 medium
8-10oz bag baby spinach
1 avocado
1 bunch radishes
1 English cucumber
1 pint cherry tomato
1 bunch parsley
OPTIONAL: .5oz fresh cilantro
OPTIONAL: 1 jalapeno

1 lemon
5 c fresh fruit (to serve with energy balls): _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 block organic, firm tofu

½ dozen eggs

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta
1 bag/box brown rice
1 can cannellini beans
2 cans chickpeas

Breakfast

1 bag/box gluten free rolled oats
1 jar honey, local to your area

Nuts/Seeds

Chia seeds
Hemp hearts (these may be located in the nutritional or breakfast aisle)
1 jar natural peanut butter, no sugar added
1 bag unsalted sunflower seeds

International

1 package corn tortillas
1 bottle Tamari
Sesame seeds
OPTIONAL: 1 bottle sriracha

Jarred/Canned Veg

1 (13-15oz) jar roasted sweet peppers
1 jar pitted kalamita or mixed olives (get these from the olive bar if you can!)

Baking:

1 bag almond slivers
1 bag mini chocolate chips
Cocoa powder
1 bag garbanzo/chickpea flour
Parchment paper

OILS & VINEGARS

Olive oil, cold pressed
White vinegar
Sesame oil

SPICES

Black pepper
Sea salt or pink Himalayan salt
Chili powder
Coriander
Cumin
Garlic powder
Onion powder
Paprika
Turmeric
OPTIONAL: cayenne pepper

PREPARED FOODS

1 (6-8oz) container hummus

NOTES:

MEAL PREP TIPS week of 4/30

1. Make Energy Balls! Prepare at the beginning of the week & store covered in the fridge for quick serving throughout the week paired with fruit. These are great right out of the freezer, too!
2. Make Falafel! While it bakes, build your bowls:
3. Make Falafel Bowls! Divide bowl ingredients between 4-5 containers. Add prepared falafel and pop into the fridge for quick grab & go lunches throughout the week.
4. Cook rice! Store in the fridge for up to 5 days for quick mid week Bimibap Bowls.