

## 5.14 GROCERY HAUL

**RECIPES:** [Blueberry Coconut Chia Overnight Oats](#) | [Kale Power Bowl](#) | [Broccoli Pesto Pasta](#) | [Portobello Caprese](#) | [Breakfast Tacos](#) | [Chocolate Dipped Strawberries](#)

**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!

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### FRESH PRODUCE

6 portobello mushrooms  
2 bunches kale OR 8-12oz bag(s) kale  
2 broccoli crowns OR 1 bag broccoli florets  
1 (5-7oz) bag baby spinach  
2 bunch radishes OR 1 bag radishes  
2 bunches fresh cilantro  
1 avocado  
1 pint cherry tomato

**1 lemon**  
2 pints blueberries  
**1 quart strawberries**

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs  
1 block butter  
1 (6-8oz) block feta cheese  
1 (6-8oz) container mozzarella pearls in water

### DRY GOODS

#### Rice/Legumes:

**1 bag/box brown rice, quinoa or chickpea pasta**  
**1 bag/box brown rice**  
**3 can chickpeas**

#### Breakfast

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

#### Nuts/Seeds

**Chia seeds**

#### International

**1 package soft corn tortillas**  
**1 bottle Tamari**  
**1 can LIGHT coconut milk**

#### Condiments

**1 (6-8oz) jar roasted sweet peppers**  
**1 (7-8oz) jar prepared pesto**

#### Baking:

**Parchment paper**  
**1 bag dark chocolate chips**

#### OILS & VINEGARS

**Sesame oil/Toasted sesame oil**  
**Coconut Oil, cold pressed & unrefined**

#### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Everything Bagel Seasoning**

#### FREEZER

OPTIONAL (if not buying fresh): 1 (12-16oz) bag frozen blueberries

#### NOTES:

### **MEAL PREP TIPS week of 5.14**

1. Make overnight oats! Store in the fridge for quick grab & go breakfasts. Enjoy right out of the fridge or reheat.
2. Prepare kale for power bowls.
3. Cook rice for power bowls.
4. Assemble kale power bowls! Prepare at the beginning of the week & store in separate containers to quickly reheat for lunch throughout the week.
5. Make chocolate dipped strawberries – you'll be glad you did!

*Hit the #easybutton while grocery shopping! 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!*