

5.21 GROCERY HAUL

RECIPES: [Banana Chip Pancakes](#) | [Lentil Chickpea Stew](#) | [Black Bean & Sweet Potato Tacos](#) | [Cobb Chop](#) | [Buffalo Cauliflower](#)

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 bulbs garlic
2 medium sweet potatoes (or 1 large)
1 head romaine lettuce OR 2 romaine hearts OR 1 bag chopped romaine
1 pound box baby spinach
1 head cauliflower OR 1 bag cauliflower florets
1 bunch celery
2 avocados
1 pints cherry tomato
1 small zucchini
.5oz fresh cilantro
OPTIONAL: 1 jalapeno

1 lime
1 lemon
5 c fruit of choice to serve with pancakes: _____
1-2 bananas

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs
5-6oz bleu cheese

DRY GOODS

Rice/Legumes:
1 bag WHOLE (not split) lentils
2 cans chickpeas

Breakfast

1 bag/box gluten free rolled oats
1 quart unsweetened vanilla almond milk
1 jar honey, local to your area
1 bottle PURE maple syrup

International

1 bottle Tamari
1 package corn tortillas

Condiments

1 bottle liquid smoke (if you can't find this, don't stress!)
1 bottle dijon mustard
1 bottle stone ground mustard
1 bottle hot sauce (Frank's, or something similar)

Baking:

Parchment paper
1 bag/box raw sugar
Baking powder
1 bag dark chocolate chips
1 bag Unsweetened coconut shreds
1 bag chickpea/garbanzo bean flour

Soup

1 quart veggie sock/broth, no sugar added

OILS & VINEGARS

Coconut oil. Unfiltered & unrefined
Olive oil, cold pressed

SPICES

Black pepper
Sea salt or pink Himalayan salt
Cumin
Chili powder
Everything Bagel Seasoning
Garlic powder
Mustard Seed, whole
Onion powder
Paprika
Thyme
OPTIONAL: cayenne pepper

NOTES:

MEAL PREP TIPS week of 5.21

1. Make pancakes! Store in the fridge for quick grab & go breakfasts. Enjoy right out of the fridge or heat.
2. Make Chickpea Lentil Stew. Divide into (4-5) containers for quick grab and go throughout the week.
3. Hard boil eggs for chop salad. Store in the fridge, unpeeled, for up to 5 days.
4. Make "bacon" for chop salad. Allow to cool and store in a covered container until salad night!
5. Make honey mustard salad dressing! Store at room temp.

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!