

5.28 GROCERY HAUL

RECIPES: [Acai Bowls](#) | [Greek Salads](#) | [Roasted Veggies with Walnut Pesto](#) | [Greens & Beans](#) | [Arugula Tomato & Olive Pasta](#)

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

3 red/purple onions

3 bulbs garlic

1 large bunch kale OR 1 bag kale

1 heads lettuce OR 2 (5-7oz) bags salad greens, any variety

1 (5-7oz) bag arugula

1 large (or 2 small) summer squash, any variety

1 pint mushrooms, any variety

1 bunch asparagus

1 English cucumber

3 pints cherry tomato

.25oz fresh oregano

.75oz fresh basil

1 lemon

2 bananas (if you have these on hand in the freezer, they will be perfect!)

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

2-3oz parmesan cheese

6oz block feta cheese

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta

1 bag/box quinoa

1 can cannellini beans

2 cans chickpeas

Canned Fruits/Veg

1 jar pitted kalamata or mixed olives (grab these from the olive bar if that's an option)

Breakfast

½ gallon unsweetened non dairy milk of choice

1 bag gluten free, vegan granola

International

1 package soft corn tortillas

Baking:

Parchment paper

1 small bag walnuts

OILS & VINEGARS

Red wine vinegar

Olive oil, cold pressed

SPICES

Black pepper

Sea salt or pink Himalayan salt

OPTIONAL: crushed red pepper

FREEZER

1 box acai packets or 1 bag acai chunks (if your grocer doesn't carry this, grab frozen blueberries!)

1lb (16oz) bag frozen riced cauliflower, no salt added

NOTES:

MEAL PREP TIPS week of 5.28

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!

1. Make smoothie bags/jars! Pop into freezer for quick blending throughout the week.
2. Make salad dressing! Store at room temp for up to a month.
3. Make salads! Divide into (4) containers for quick grab and go lunches throughout the week.
4. Cook quinoa! Store covered in the fridge for up to 5 days.
5. Make pesto! Store covered in the fridge for up to 5 days.