

## 11.6 GROCERY HAUL

**RECIPES:** [Pumpkin Spice Oats](#) | [Black Bean Chili](#) | [Sheet Pan Kale & Sweet Potato Salad with Tahini Drizzle](#) | [Peanut Sauce](#) | [Savory Crepes](#)

**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](mailto:info@sarahkaminski.com)

### FRESH PRODUCE

**1 red onion**  
**3 bulbs garlic**  
**1 hunk fresh ginger root**  
**2 large sweet potatoes (about 1 ½ lbs total)**  
1 bunch kale  
1 (5-7oz) bag baby spinach  
2 broccoli crowns  
1 (5-7oz) bag sugar snap peas  
2 sweet bell pepper, any color  
2 avocado  
OPTIONAL: 1 large green tomato (if not opting for salsa verde)  
OPTIONAL: 2 jalapenos

**1 lemon**  
**1 lime**  
1 large apple (or 2 small)

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

**½ dozen eggs**

### DRY GOODS

#### Nuts/Seeds/Dried Fruits

**1 bag raisins**  
**1 bag chia seeds**  
**1 bag ground flaxseed**  
**1 jar natural peanut butter, no sugar or weird oils added**

#### Rice/Legumes:

**1 can kidney beans**  
**3 cans black beans**

#### Canned Fruit/Veg

**1 (15oz) jar chopped tomato, no sugar added**

#### Baking

**Parchment paper OR a silicone mat**  
**Baking powder**  
**1 bag pecans**  
**1 (15.5oz) can pumpkin puree**

#### Breakfast

**1 bottle PURE maple syrup**  
**1 jar honey**  
**1 bag/box gluten free rolled oats**  
**1 quart unsweetened vanilla almond milk**

#### International

**1 package rice noodles**  
**1 bottle Tamari**  
**1 jar tahini**  
**1 (15oz) jar salsa verde**  
OPTIONAL: 1 bottle sriracha

#### OILS & VINEGARS

#### **Olive oil**

**Coconut oil. Cold pressed & unrefined**

#### SNACKAGE

1 bag corn tortilla chips

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Celery salt**  
**Cinnamon**  
**Chili powder**  
**Cumin**  
**paprika**

#### NOTES:

## MEAL PREP TIPS week of 11.6

1. Make Overnight Oats! Store in the fridge easy grab and go breakfasts served with fruit throughout the week. Enjoy cold or heat in the microwave or on the stovetop.
2. Make Chili! Store in (4) separate containers for easy grab & go lunches throughout the week or have on hand for a quick mid week meal.
3. Begin to roast Sweet Potatoes! Toss cubed sweets in olive oil & maple syrup. Spread evenly onto a sheet pan lined with parchment paper. Sprinkle with salt & pepper then roast for 20 minutes. Store in the fridge until you're ready to finish cooking on Sheet Pan Salad night.
4. Prepare Tahini Drizzle! Store in an airtight container at room temp for quick salad assembly mid week.
5. Make Crepes! Store in the fridge & reheat for a speedy mid week meal with eggs & greens.

*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!*