

11.13 GROCERY HAUL

RECIPES: [Carrot Cake Pancakes](#) | [Hearty Vegetable Soup](#) | [Rice Bowls](#) | [Vegetarian Cobb Salad](#) | [Spiced Lentil 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!

Questions about ingredients or swaps? Check out the [Resource Archive](#) inside your Member Hub, or send us a quick email info@sarahkaminski.com

FRESH PRODUCE

1 large red onion
1 large sweet potato
1 pound bag baby carrots
1 pepper, any variety, hot or sweet
1 bunch celery
1 bunch kale
1 medium cabbage OR 1 (10-12oz) bag slaw mix, any variety
1 bunch fresh parsley
1 bunch cilantro
1 pint cherry tomato
1 (6-8oz) bag salad greens, any variety OR 1 head lettuce
3 avocado

1 lime
1 small lemon
4 cups/pieces fruit of choice to serve with pancakes: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

OPTIONAL: 4oz block bleu cheese
1 (3-5oz) serving of plain, full fat Greek yogurt

DRY GOODS

Nuts/Seeds/Dried Fruits
1 bag ground flaxseed/meal

Rice/Legumes:

1 bag/box quinoa
1 bag/box brown rice
1 can black beans
1 bag WHOLE (not split) lentils

Canned Fruit/Veg

1 jar unsweetened applesauce OR 1 package individual cups
1 (28oz) can tomato, no sugar added

Baking

Parchment paper OR a silicone mat
Baking powder
1 bag almond flour/almond meal
1 small bag/box raw sugar
1 bag unsweetened coconut shreds (thick cut if they are available!)

Breakfast

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

International

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

Soups

1 quart veggie stock, no sugar added

Condiments

1 bottle liquid smoke (this should be near BBQ sauces. If you can't find it, don't stress)
1 bottle Dijon mustard
1 bottle stone ground mustard

OILS & VINEGARS

Olive oil
Coconut oil. Cold pressed & unrefined
Apple cider vinegar

SPICES

Black pepper
Sea salt or pink Himalayan salt
Celery salt
Chili powder
Cinnamon
Everything bagel seasoning
Garlic powder
Nutmeg
Paprika
OPTIONAL: cayenne pepper

FREEZER

1 bag corn

MEAL PREP TIPS week of 11.13

1. Make Pancakes! Store in the fridge easy grab and go breakfasts served with fruit throughout the week. Enjoy cold or heat in the microwave.
2. Make Soup! Store in (5) separate containers for easy grab & go lunches throughout the week or have on hand for a quick mid week meal.
3. Hard Boil Eggs! Bring a medium pot of water to a boil. Slowly spoon eggs into boiling water & cook for 9 minutes. Store in the fridge for Cobb Salads mid week.
4. Prepare Honey Mustard Dressing! Store in an airtight container at room temp for Cobb Salads.
5. Cook Lentils & Quinoa! Store in the fridge until you're ready to whip up your Spiced Lentil taco stuffing. If you're feeling super motivated, so ahead and mix all of the ingredients for the spiced lentils and store in the fridge!

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!

NOTES: