

11.20 GROCERY HAUL

RECIPES: [Almond Chip Energy Balls](#) | [Cruciferous Crunch](#) | [Butternut Parmesan](#) | [Sheet Pan Chili Brussels with Tofu](#) | [Rosemary Smashed Potatoes](#)
[Roasted Baby Broccoli with Garlic Mash](#) | [Vegan Pumpkin Cheesecake](#)

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

Pumpkin Cheesecake ingredients are highlighted in orange. If you're not making it, omit these items from your grocery haul!

FRESH PRODUCE

2 bulbs garlic

1 pound brussel sprouts, whole or shaved
1 ½ pounds baby potatoes (red, white, blue or combo)
1 large butternut squash (look for one with a wide neck, will make it easier to peel & slice!)
1 bunch kale
1 pound baby broccoli
1 bag slaw mix, any variety
.25oz fresh rosemary
.5oz fresh thyme

1 bag lemons (4 -5 total)

5 cups/pieces fruit of choice to serve with energy balls: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

3-4oz block parmesan cheese

1 block organic, firm or extra firm tofu

DRY GOODS

Baking

Parchment paper OR a silicone mat

1 bag mini chocolate chips

1 can pumpkin puree (NOT pumpkin pie filling)

OPTIONAL: ingredients for your favorite pie crust or store bought

OPTIONAL: cocoa powder

Nuts/Seeds/Dried Fruits

1 bag roasted, unsalted peanuts

1 bag dried cranberries

1 bag unsalted sunflower seeds

1 bag hemp hearts (these may be located in the nutritional or breakfast aisle)

1 jar natural almond butter, no sugar or weird oils added

1 jar tahini (may be located in international aisle)

1 bag raw, unsalted cashews

OPTIONAL: macadamia nuts

Rice/Legumes:

1 can cannellini or white navy beans

OPTIONAL: 1 bag brown rice, chickpea or quinoa pasta

Breakfast

1 jar honey

1 bag gluten free rolled oats

1 bottle PURE maple syrup

International

1 bottle Tamari

1 bottle sriracha

OILS & VINEGARS

Olive oil

Coconut oil. Cold pressed & unrefined

SPICES

Black pepper

Sea salt or pink Himalayan salt

Everything bagel seasoning

Cinnamon

Nutmeg

PURE vanilla extract

OPTIONAL: crushed red pepper

FREEZER

1 bag shelled edamame

NOTES:

MEAL PREP TIPS week of 11.20

Whether you're cooking for Thanksgiving, or want to use this week's featured recipes like any other week, we are here to support you and those you love!

Veg Out Project Thanksgiving (add Turkey if you desire, or leave it off your plate):

Cruciferous Crunch
Butternut Parmesan
Sheet Pan Chili Brussels with Tofu
Smashed Rosemary Potatoes
Roasted Baby Broccoli with Garlic Mash
Vegan Pumpkin Cheesecake

Don't want to use this meal plan for Thanksgiving Day and instead use it to fuel you all week long? We've got you:

Batch Prep Breakfasts: Almond Chip Energy Balls + Fruit
Batch Prep Lunches: Cruciferous Crunch
Dinners: Sheet Pan Chili Brussels with Tofu
Butternut Parmesan over Pasta
Smashed Rosemary Potatoes served with Roasted Baby Broccoli with Garlic Mash
For fun: Vegan Pumpkin Cheesecake

1. Make Energy Balls! Store in the fridge easy grab and go breakfasts served with fruit throughout the week. These are great out of the freezer, too!
2. Make Salad Dressing! Shake in a jar and store at room temp until ready to dress Cruciferous Crunch.
3. Make Cruciferous Crunch! Store in (4) separate containers for easy grab & go lunches throughout the week or have on hand for Thanksgiving.
4. Make Pumpkin Cheesecake! This stores well in the fridge for up to

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: