

11.27 GROCERY HAUL

RECIPES: [Blueberry Lemon Muffins](#) | [Poblano Vegetable Stew](#) | [Baby Bok Choy Power Bowls](#) | [Taco Salad](#) | [Loaded Baked Potato Bowls](#)

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

2 red onions
1 bulb garlic
1 hunk fresh ginger root
6 medium potatoes, any variety
1 sweet bell pepper, any color
3 heads baby bok choy OR 1 head regular bok choy
1 bunch kale OR 1 (5-7oz) bag kale
1 (5oz) box salad greens OR 1 small head lettuce
1 (5-7oz) bag baby spinach
1 avocado
2 large carrots
3 poblano peppers
1 head cauliflower OR 1 bag cauliflower florets
.5oz chives
1 bunch fresh cilantro

1 lime
1 small lemon
6 cups/pieces fruit of choice to serve with muffins: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 block organic, firm or extra firm tofu

1 single serving cup plain, full fat Greek yogurt
4oz block cheddar cheese

DRY GOODS

Baking
1 small bag/box raw sugar
1 bag almond flour/meal
Baking soda

Nuts/Seeds/Dried Fruits
OPTIONAL: 1 bag roasted, unsalted peanuts

Canned Fruit/Veg
1 jar unsweetened applesauce (or **1 pack individual cups**)
1 (28oz) can diced tomatoes, no sugar added

Rice/Legumes:
1 can kidney beans
2 cans black beans

Soups
1 quart veggie stock, no sugar added

Breakfast
1 bag gluten free rolled oats
1 bottle PURE maple syrup

International
1 bag/box rice noodles
1 can full fat coconut milk
1 small jar salsa

OILS & VINEGARS

Olive oil
Coconut oil. Cold pressed & unrefined
Sesame oil

SPICES

Black pepper
Sea salt or pink Himalayan salt
Chili powder
Cumin
Garlic Powder
Onion Powder
OPTIONAL: cayenne pepper

FREEZER
1 (10-12oz) bag blueberries

SNACKAGE
1 bag corn tortilla chips

NOTES:

MEAL PREP TIPS week of 11.27

1. Bake Muffins! Store in the fridge easy grab and go breakfasts served with fruit throughout the week. These freeze well, too!
2. Make Soup! Store in (4) separate containers for easy grab & go lunches throughout the week.
3. Make Taco Seasoning! Store in a glass jar with your spices.
4. Bake Potatoes! Pop in the fridge and have on hand for quick loaded backed potato bowls.

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: