

10.2 GROCERY HAUL

RECIPES: Ricotta & Pear Tortilla | African Peanut Stew | Potsticker Stir Fry | Roasted Beets with Tofu Feta & Avocado Toast | Roasted Veggies with Dairy Free Ricotta
Vegan Chocolate Peanut Butter Mug Cake

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

Mug cake ingredients are noted in purple. If you don't plan to make cakes, omit from your grocery haul!

FRESH PRODUCE

2 red/purple onions

2 bulbs garlic

1 hunk fresh ginger root

2 medium sweet potatoes

1 bunch beets OR 1 package cooked beets from produce section

1 (5-7oz) bag baby salad greens OR 1 small/medium head lettuce, any variety

1 small cabbage OR 1 bag slaw mix, any variety

1 (6-8oz) bag snow peas

1 bunch kale OR 1 (10oz) bag kale

1 medium zucchini

1 medium eggplant

1 sweet bell pepper, any color

1 avocado

.25oz fresh basil

2 oranges

1 lemon

1 lime

4 pears

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

1 block organic, firm tofu

DRY GOODS

Rice/Legumes:

1 can chickpeas

Canned Fruit/Veggie

1 (14-15oz) cans chopped tomato, no sugar added

1 (15-20oz) jar marinara sauce, no sugar added

Nuts/Seeds/Dried Fruit

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

1 jar natural peanut butter, no sugar or additional oils added

1 bag raw, unsalted (not roasted) cashews

OPTIONAL: 1 bag roasted, unsalted peanuts

1 bag ground flaxseed

Baking

1 bag almond slivers

Cocoa powder

Baking powder

1 small bag/box sugar

1 bag dark chocolate chips

Breakfast

1 jar honey, local to your area

1 quart unsweetened vanilla almond milk

International

1 package Corn or wheat free tortillas

1 bottle Tamari

OPTIONAL: sesame seeds

OILS & VINEGARS

Olive oil, cold pressed

Coconut oil. Cold pressed & unrefined

Rice wine vinegar

Red wine vinegar

SPICES

Black pepper

Sea salt or pink Himalayan salt

Cinnamon

OPTIONAL: crushed red pepper

FREEZER

1 loaf gluten free or sprouted grain bread (we like Canyon Bakehouse)

1 20-24oz package potstickers/dumplings (these are sometimes make with wheat wrappers. Look for rice wrappers if you want to keep it gluten free!)

NOTES:

MEAL PREP TIPS week of 10.2

1. Soak Cashews! Cover cashews with filtered water in a glass container at room temp overnight. Once they are soaked:
2. Make Ricotta! Store covered in the fridge to have on hand for breakfasts & dinner.
3. Make Peanut Stew! Store in (4) separate containers for easy grab & go lunches throughout the week or have on hand for a quick mid week meal.
4. Roast Beets! Store in the fridge for up to 5 days for quick salad assembly mid week.
4. Cook rice! Store covered in the fridge for easy mid week 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!