

10.9 GROCERY HAUL

RECIPES: Thai Peanut Overnight Oats | Mock Tuna | Lemon Broccoli Alfredo | Butternut Squash Bisque | Loaded Baked Potato Nachos

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/purple onions

1 bulb garlic

2 large baking potatoes

1 head celery

1 head bibb or romaine lettuce for lettuce wraps

1 (5-7oz) bag bay spinach

1 small/medium butternut squash

1 large tomato

1 pepper, hot or sweet

2 broccoli crowns OR 1 (10-12oz) bag broccoli florets

2 zucchini

OPTIONAL: 1 bunch fresh parsley

4 pieces/cups fruit of choice to serve with oatmeal: _____

2 lemons

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

4oz block cheddar cheese

4oz log soft goat cheese

DRY GOODS

Rice/Legumes:

2 can chickpeas

1 can black beans

1 bag brown rice, quinoa or chickpea pasta

Nuts/Seeds/Dried Fruit

1 bag roasted, unsalted peanuts

1 jar tahini (this may be located in the international aisle)

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

Condiments

1 jar dill pickles, no weird artificial colors added

1 jar capers

Baking

Parchment paper

Breakfast

1 bag gluten free rolled oats

1 jar honey, local to your area

International

1 can full fat coconut milk

1 can LIGHT coconut milk

OPTIONAL: Nori sheets OR Nori Komi

OILS & VINEGARS

Olive oil, cold pressed

Coconut oil. Cold pressed & unrefined

Apple cider vinegar, with "the mother"

SPICES

Black pepper

Sea salt or pink Himalayan salt

Cumin

Cinnamon

Chili powder

Garlic powder

Onion powder

Turmeric

OPTIONAL: cayenne pepper

OPTIONAL: crushed red pepper

FREEZER

OPTIONAL: 2 bags cubed butternut squash (if not buying fresh)

NOTES:

MEAL PREP TIPS week of 10.9

1. Make Overnight Oats! Divide ingredients equally into (4) containers for easy grab and go breakfasts throughout the week.
2. Make Mock Tuna! Store in (4) separate containers for easy grab & go lunches throughout the week or have on hand for a quick mid week meal.
3. Wash lettuce! Cut base from the base of the head, rinse leaves and store in a large Tupperware container or freezer baggie lined with a paper towel to soak up excess moisture. This makes lettuce wraps super easy!
4. Make Butternut Squash Bisque! Cool, then pop the lid back on the pot and stick into the fridge for easy reheating mid week.

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!