

10.16 GROCERY HAUL

RECIPES: Pumpkin Spice Muffins with Toasted Coconut | Spinach Rice Soup | Mediterranean Zucchini Bake | Sweet & Sticky Tofu | Herbed Lentils with Roasted Fall Veggies | Fiery Hot Chocolate

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

Hot Chocolate ingredients are noted in red. If you don't plan to make this, omit from your grocery haul!

FRESH PRODUCE

1 red/purple onions

1 bulb garlic

1 small butternut squash OR opt to buy frozen, cubed

1 bunch beets OR 1 package cooked beets from produce section

1 bunch swiss chard

1 pound box (16oz) baby spinach

3 zucchini

1 sweet bell pepper, any color

1 large tomato

1 bunch fresh parsley

.25oz fresh oregano

.25oz tarragon

6 pieces/cups fruit of choice to serve with muffins: _____

1 lemon

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 block organic, firm tofu

4oz block parmesan cheese

DRY GOODS

Soups

1 quart veggie stock, no sugar added

Rice/Legumes:

1 bag/box brown rice

1 cannellini beans

1 can chickpea

Condiments

1 jar capers

1 jar pitted kalamata or mixed olives (grab these from the olive bar if that's an option!)

Baking

Parchment paper

1 bag almond flour/meal

Baking soda

14.5oz can pumpkin puree

OPTIONAL: 1 bag unsweetened coconut shreds

Cocoa powder

Dark chocolate chips

Breakfast

1 bag gluten free rolled oats

1 jar honey, local to your area

1 bottle PURE maple syrup

1 quart unsweetened vanilla soy milk

International

1 bottle tamari

1 package rice noodles

OILS & VINEGARS

Olive oil, cold pressed

Coconut oil. Cold pressed & unrefined

Sesame oil

White wine vinegar

SPICES

Black pepper

Sea salt or pink Himalayan salt

Bay leaves

Cinnamon

Everything bagel seasoning

Ground clove

Ground ginger

Nutmeg

Vanilla extract

OPTIONAL: crushed red pepper

Cayenne pepper

FREEZER

OPTIONAL: 1 bag cubed butternut squash (if not buying fresh)

NOTES:

MEAL PREP TIPS week of 10.16

1. Bake Muffins! Store at room temp or in the fridge for 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 or have on hand for a quick mid week meal.
3. Cook Lentils! Store covered in the fridge for quick mid week bowls.
4. Roast Squash & Beets! Cool, then 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!