

## 10.23 GROCERY HAUL

**RECIPES:** Spiced Cranberry Granola | Fall Harvest Salad | Spaghetti with Sweet Peas & Artichoke | Sweet Potato Leek Soup | Spiced Lentils Stuffed Peppers

**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](mailto:info@sarahkaminski.com)

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### FRESH PRODUCE

**1 bulb garlic**

**5-6 medium sweet potatoes**

2 leeks

1 (7-10oz) bag salad greens, any variety OR 1 head lettuce

2 avocados

6 peppers (sweet bell, poblano, banana, cubanelle...whatever your heart desires, for stuffing!)

6 pieces/cups fruit of choice to serve with granola: \_\_\_\_\_

**2 lemons**

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ gallon unsweetened non dairy milk of choice

4oz block manchego cheese

4oz cheddar cheese

### DRY GOODS

#### Nuts/Seeds/Dried Fruits

**1 bag unsalted pepita**

**1 bag dried cranberries**

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

**1 bag ground flaxseed**

#### Condiments

**1 jar Dijon mustard**

**1 (10-15oz) jar/can artichoke hearts in water**

#### Rice/Legumes:

**1 bag/box brown rice, chickpea or quinoa pasta**

**1 bag whole (not split) lentils**

**1 bag quinoa**

#### Baking

**Parchment paper**

**1 bag almond meal/flour**

**1 small bag chopped walnuts**

#### Breakfast

**1 bag gluten free rolled oats**

**1 bottle PURE maple syrup**

#### International

**1 can full fat coconut milk**

**1 jar red curry paste**

**1 bottle Tamari**

### 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**

**Chili powder**

**Everything bagel seasoning**

**Garlic powder**

**Ground ginger**

**Nutmeg**

**Turmeric**

OPTIONAL: Crushed red pepper

OPTIONAL: cayenne pepper

### FREEZER

**1 bag (10-12oz) baby peas**

#### NOTES:

## MEAL PREP TIPS week of 10.23

1. Make Granola. Cool & store in your pantry in an air tight container for easy grab and go breakfasts served with fruit throughout the week.
2. Bake sweet potatoes for salads! Cool & cube.
3. Make Fall Harvest Salads & dressing! Store in (4) separate containers for easy grab & go lunches throughout the week or have on hand for a quick mid week meal.
4. Cook Lentils & Quinoa for Spiced Lentils! Cook together in the same pot or a rice cooker. Cool & pop in the fridge to have on hand for stuffed peppers mid week.
5. Make soup! Cool, place the lid back on the pot, 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!*