

## 10.30 GROCERY HAUL

**RECIPES:** Oven Blueberry Pancake | Big Vegetable Stew | Buffalo Tofu Lettuce Wraps | Broccoli Lo Mein | Roasted Carrot Salad | Dark Chocolate Butter Cups

**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)

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

### FRESH PRODUCE

**2 onions**  
**1 bulb garlic**  
**1 baking potato**  
**1 large sweet potato**  
6-8oz green beans (or buy frozen!)  
1 pound carrots (whole or baby)  
1 (5-7oz) bag arugula  
1 head romaine or bibb lettuce  
1 large (or 2 small) broccoli crowns  
1 sweet bell pepper, any color

4 pieces/cups fruit of choice to serve with oven pancake: \_\_\_\_\_

1 pint blueberries (or buy frozen)

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

1 block organic, firm tofu

4-6oz block bleu cheese

### DRY GOODS

Nuts/Seeds/Dried Fruits

**1 bag dried cranberries**

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

### Canned Fruit/Veg

**1 (28oz) jar chopped tomato, no sugar added**

### Rice/Legumes:

**1 can kidney beans**

### Baking

**Parchment paper OR a silicone mat**

**1 bag almond slivers**

**1 small bag/box raw sugar**

**Baking powder**

1 bag dark chocolate chips

Mini muffin tin liners

### Breakfast

**1 jar honey, local to your area**

**1 bag gluten free rolled oats**

**1 quart unsweetened vanilla almond milk**

### Condiments

**1 bottle buffalo hot sauce (Frank's or similar)**

### International

**1 bottle Tamari**

**Sesame seeds**

**1 package rice noodles**

### OILS & VINEGARS

**Avocado oil**

**Coconut oil. Cold pressed & unrefined**

**Sesame oil**

**Apple cider vinegar, with "The mother"**

### SPICES

**Black pepper**

**Sea salt or pink Himalayan salt**

**Oregano**

### FREEZER

**1 (10-12oz) bag shelled edamame**

OPTIONAL (if not buying fresh): 1 (10-12oz) bag  
chopped green beans

OPTIONAL (if not buying fresh): 1 (10-12oz) bag  
blueberries

### NOTES:

## MEAL PREP TIPS week of 10.30

1. Make Oven Pancake. Cool & store at room temp or in the fridge for easy grab and go breakfasts served with fruit throughout the week.
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. Chop broccoli! Store in the fridge for easy mid week sautéing.
4. If you're feeling fancy, make those Dark Chocolate Butter Cups. You will be happy that you did!

*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!*