

9.10 GROCERY HAUL

RECIPES: [Chocolate Covered Cherry Smoothies](#) | [Summer Kaleidoscope Salad](#) | [Garlic Tahini Buddha Bowls](#) | [Chorizo with Kale and Chickpea Sheet Pan Breakfast Tacos](#) | [Jalapeno Poppers](#)

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

Jalapeno popper ingredients are highlighted in GREEN. Omit these things on the list if you don't plan to make these!

FRESH PRODUCE

1 bulb garlic
1 sweet potato
1 bunch radish
1 small bulb fennel
2 medium zucchini
1 pint cherry tomato
1 avocado
1 (5-7oz) bag salad greens, any variety
1 (5-7oz) bag slaw mix, any variety OR half small cabbage, shaved
1 bunch OR 1 bag kale, any variety
.25oz fresh basil
OPTIONAL: 1 jalapeno for tacos
1 dozen additional fresh jalapenos

1 lemon

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs
1 package soy chorizo (you may also find varieties the freezer aisle)
½ gallon unsweetened almond milk
1 block grass fed butter
1 package organic cream cheese or Neufchatel
6-8oz block cheddar cheese (10-12oz if making poppers)
4oz feta cheese

DRY GOODS

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

Rice/Legumes:
1 bag/box brown rice, quinoa or chickpea pasta
1 bag/box brown quinoa
1 bag whole (not split) lentils
2 cans chickpea

Baking
Cocoa powder
Parchment paper OR a silicone mat

Breakfast
1 jar PURE maple syrup
1 box gluten free corn flakes

Condiments
1 jar pitted kalamata or mixed olives (grab a pint of these from the olive bar if that is an option!)

International
1 package soft corn tortillas
1 jar tahini (sesame seed paste)
1 can/tube tomato paste

OILS & VINEGARS

Olive oil, cold pressed
White balsamic or white wine vinegar

SPICES

Black pepper
Sea salt or pink Himalayan salt
OPTIONAL: crushed red pepper

FREEZER

1 (12-16oz) bag frozen pitted cherries

NOTES:

MEAL PREP TIPS week of 9.10

1. Make Smoothie bags/jars! Store in in the freezer for easy grab & blend breakfasts throughout the week.
2. Make Kaleidoscope Salad! Toss with dressing & 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 & quinoa for Buddha Bowls! Cook together in the same pot. Cool & store covered in the fridge for up to 5 days.
4. Bake sweet potato for Buddha Bowls! Store in the fridge on a plate for up to 5 days.
5. You will have extra tomato paste! If opening a can, [use this quick hack to preserve what's left.](#)

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!