

9.18 GROCERY HAUL

RECIPES: [Cinnamon Raisin Muffins](#) | [Thai Peanut Noodle Salad](#) | [Stuffed Tomatoes](#) | [BBQ Lettuce Wraps](#) | [Grilled Veggie Skewers with Cashew Creme](#)

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

1 bulb garlic
1 eggplant
1 pint cherry tomato
½ dozen roma tomatoes
1 bunch green onions
1 head Bibb or romaine lettuce
3 small/medium zucchini
1 English cucumber
1 bag slaw mix, any variety
.25oz fresh basil

5 additional cups/pieces of fruit to serve with muffins: _____

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs
3-4oz parmesan cheese

1 block organic, firm tofu

DRY GOODS

Nuts/Seeds/Dried Fruit

1 bag hemp hearts (these may be located in the nutritional or breakfast aisle)
1 bag raw (not roasted) cashews
1 jar natural peanut butter, no sugar added
1 bag/box raisins

Canned Fruit/Veg

1 can mandarin orange, in juice

Rice/Legumes:

1 can black beans

OPTIONAL: 1 bag/box brown rice, quinoa or chickpea pasta

Baking

Almond flour/almond meal

Baking soda

1 small bag/box sugar

Breakfast

1 jar PURE maple syrup

1 bag gluten free rolled oats

Condiments

1 bottle BBQ sauce, no corn syrup added

International

1 can water chestnuts

1 bottle Tamari

Sesame seeds, white, black or combo

1 bag rice noodles

MISC

Grill Basket or Bamboo Skewers

OILS & VINEGARS

Olive oil, cold pressed

Coconut oil. Cold pressed & unrefined

Sesame oil

Apple cider vinegar, with the mother

Rice wine vinegar

SPICES

Black pepper

Sea salt or pink Himalayan salt

Everything bagel seasoning

Cinnamon

Nutmeg

PURE vanilla extract

NOTES:

MEAL PREP TIPS week of 9.17

1. Bake Muffins! Store at room temp or in the fridge for grab and go breakfasts throughout the week. These freeze well, too!
2. Thai Noodle Salad! 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 & Prep Lettuce! Slice the bottom off, rinse leaves and lay them flat on tea towels. Lay another tea towel on top & press gently to dry. Place a paper towel at the bottom of a large baggie, add washed leaves, and store in the fridge until you're ready for lettuce wraps!
4. Soak Cashews! Let these soak in filtered water overnight. And, if you are feeling inspired;
5. Make Cashew Crème! Place the lid on your blender/food processor and pop in the fridge to have on hand for mid week dinner.

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!