



# PANTRY STAPLES GROCERY GUIDE

## PROTEIN

eggs (12)  
hummus

## PRODUCE

bananas (6)  
apples (6)  
mixed berries  
dates  
avocado (3)  
cauliflower (1)  
sweet potatoes (2)  
butternut squash (1)  
spinach  
broccoli  
mushrooms  
carrots  
celery  
garlic  
ginger  
onion (3)  
lemons (3)

## CAN / CONDIMENTS

1 can chickpeas  
lentil pasta  
quinoa  
rice cakes  
coconut butter  
almond butter  
cashews  
chia seeds  
tahini  
oats  
almond flour

## DAIRY

almond milk  
yogurt

## EXTRA

olive oil  
vegetable broth (1 lg package)  
maple syrup / honey  
coconut aminos / soy sauce  
cinnamon  
nutmeg  
vanilla extract  
garlic powder  
rosemary  
oregano  
paprika  
bay leaves  
salt  
pepper  
turmeric  
baking powder

## FROZEN

frozen bread  
frozen kale

## ON THE MENU

**breakfast:** cinnamon roll  
smoothie, chia seed pudding  
parfait, breakfast sandwich  
**entrees:** butternut squash  
soup, roasted vegetable bowls  
w tahini sauce, sweet potato  
veggie mac and cheese  
**snacks:** apple pie oatmeal  
cookies, ginger turmeric latte,  
dates stuffed with almond  
butter, celery / apple with  
almond butter, carrots / celery  
with hummus



# MEAL PLAN

## MONDAY

**breakfast:** cinnamon roll smoothie

**snack:** ginger turmeric latte (1 cup almond milk, 1 tsp coconut butter, 1/2 tsp turmeric, 1/4 tsp ground ginger, pinch of black pepper, 1 tsp maple syrup - blended)

**lunch:** butternut squash soup + toast + apple

**snack:** carrots and celery with hummus

**dinner:** sweet potato veggie mac and cheese

## TUESDAY

**breakfast:** chia seed pudding layered with yogurt and berries

**snack:** apple pie oatmeal cookies

**lunch:** roasted vegetable bowl with tahini dressing

**snack:** dates stuffed with almond butter

**dinner:** butternut squash soup + side spinach salad

## WEDNESDAY

**breakfast:** breakfast sandwich (toast, eggs, roasted spinach, avocado)

**snack:** apple with almond butter

**lunch:** roasted vegetable bowl with tahini dressing

**snack:** celery with hummus

**dinner:** sweet potato veggie mac and cheese



# MEAL PLAN

## THURSDAY

**breakfast:** cinnamon roll smoothie

**snack:** chia seed pudding with berries

**lunch:** sweet potato veggie mac and cheese

**snack:** apple pie oatmeal cookies

**dinner:** breakfast sandwich (toast, eggs, roasted spinach, avocado) + ginger turmeric latte

## FRIDAY

**breakfast:** apple pie oatmeal cookies + yogurt + almond butter

**snack:** carrots and celery with hummus

**lunch:** roasted vegetable bowl with tahini dressing

**snack:** chia seed pudding with berries

**dinner:** frittata with leftover eggs, roasted veggies, and avocado

## CINNAMON ROLL SMOOTHIE

### ingredients

1 frozen banana  
1/2 cup frozen kale  
2 dates  
2 tbsp oats  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp vanilla extract  
1 tbsp almond butter  
1-2 cup almond milk

### instructions

Blend it up and sip!

## CHIA SEED PUDDING PARFAIT

### ingredients

1/2 cup chia seeds  
1.5 cups full fat coconut milk  
1/2 tsp vanilla extract  
1/4 tsp cinnamon

### instructions

Combine all in large bowl and whisk well. Optional add: 1-2 tbsp maple syrup. Let sit for a few hours or overnight and layer with yogurt and berries in the morning.

## BUTTERNUT SQUASH SOUP

### ingredients

1 butternut squash, peeled  
1/2 onion  
2 cloves garlic, minced  
avocado oil  
1 tsp dried rosemary  
1 tsp dried thyme  
salt and pepper  
juice of 1 lemon  
2.5 cups vegetable broth (or bone broth)

### instructions

Preheat oven to 400F. Peel butternut squash and slice. Coat with 1 tbsp olive oil, salt, and pepper and roast for 45-50 minutes. While roasting, saute onions and garlic on stove top until fragrant and translucent. When both are complete, add all ingredients to blender and blend until smooth.

## SWEET POTATO VEGGIE MAC + CHEESE

1 cup cashews, soaked overnight  
1/2 cup sweet potato, baked (at 400F for ~45 minutes)  
with skin off  
1/4 cup nutritional yeast  
1 clove garlic  
Salt and pepper  
Juice of 1/2 lemon

**Instructions:** Combine all in food processor and blend! Serve over your favorite pasta! Combine with roasted broccoli and mushrooms.

## ROASTED VEGGIE BOWLS W CREAMY TAHINI DRESSING

### ingredients

1 head cauliflower  
2 cups kale  
1 can chickpeas  
1 sweet potato  
1 cup quinoa  
1/4 cup tahini  
salt and pepper  
juice of 1 lemon  
1 tsp whole grain mustard  
2 tbsp nutritional yeast  
1/2 tsp garlic powder

**instructions** - preheat oven to 350 F. cut veggies and coat in olive oil, salt, and pepper. roast for 40-45 minutes, until tender. While roasting, cook quinoa according to instructions (1 cup quinoa to 2 cups liquid). In another bowl, combine tahini dressing ingredients: tahini, salt, pepper, lemon juice, whole grain mustard, nutritional yeast, and garlic powder. When all steps are complete, combine all ingredients into bowl.

## APPLE PIE OATMEAL COOKIES

### ingredients

1 cup oats  
1/2 cup almond flour  
1/2 tsp baking powder  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
pinch of sea salt  
1 egg (or flax egg)  
1/4 cup maple syrup  
2 tbsp coconut oil  
1 medium apple, chopped

**instructions:** preheat oven to 350F. Combine dry ingredients in one bowl, wet in another. Line cookie tray with parchment paper. Place cookie dough on tray. Bake for 10-12 minutes.