

THE PREP

October 5th - October 11th, 2019 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Balsamic vinegar
- Extra-virgin olive oil
- Olive oil cooking spray
- Cider vinegar
- Dijon mustard
- Whole-grain mustard
- Honey
- Sugar
- Maple syrup
- Dried oregano
- Ground turmeric
- Ground cumin
- Paprika
- Dried thyme
- Crushed red pepper

Grocery

- 1 (8-oz.) can panko breadcrumbs
- 1 (12-oz.) bag walnuts
- 1 (12-oz.) bag pecans
- 1 (12-oz.) package dry quinoa
- 1 (10-fl.oz.) bottle pomegranate molasses

Produce

- 3 large red apples
- 1 small container pomegranate seeds (arils)
- 2 shallots
- 1 head garlic
- 1 (1-inch) piece peeled fresh ginger
- 1 medium onion
- 2 medium red onions
- 2 lemons
- 2 large broccoli heads
- 1 bunch celery
- 1 (2-lb.) bag rainbow carrots
- 1 medium butternut squash
- 1 medium sweet potato
- 1 (2½- to 3-lb.) spaghetti squash
- 1 (5 -oz.) package baby spinach
- 1 (10-oz.) package baby arugula

- 1 (10-oz.) mixed salad greens
- 1 large bunch kale
- 1 bunch flat-leaf parsley
- 1 (0.75-oz.) package fresh thyme
- 1 (0.75-oz.) package fresh basil for garnish
- 1 (0.75-oz.) package rosemary

Dairy, Milk & Eggs

- 1 (5-oz.) tub grated Parmesan cheese
- 8 oz. extra-sharp Cheddar cheese
- 3¾ oz. burrata
- 1 (8-oz.) package reduced-fat cream cheese
- 1 stick butter
- 6 medium eggs
- ½ gal. skim milk

Meat, Poultry & Seafood

- 1 (1-lb.) skinless salmon fillet, fresh or frozen
- 1¾ pounds boneless, skinless chicken thighs
- 4 (5-oz.) bone-in, center-cut pork chops (½ inch thick)
- 1 (12-oz.) package lower-sodium, less-fat bacon
- 1 (11-oz.) package precooked chicken-and-apple sausage

Other

- 1 (10-oz.) package frozen artichoke hearts
- 2 (8-oz.) packages frozen or refrigerated butternut squash ravioli
- 1 (3.5-oz.) bar bitter-sweet chocolate
- 1 (8-oz.) can unsweetened cocoa powder
- 1 (200-mL.) bottle bourbon