

THE PREP

October 12th - October 18th, 2019 Shopping List

Pantry Staples

- Extra-virgin olive oil
- Canola oil
- Salt
- Pepper
- Chili powder
- Crushed red pepper
- Hot sauce
- Vanilla extract
- Brown sugar
- Baking powder
- Baking soda

Grocery

- 1 (8-oz.) container panko breadcrumbs, preferably whole-wheat
- 1 (10-oz.) box whole-wheat couscous
- 1 (9-oz.) package fresh tagliatelle or linguine
- 1 (8-ct.) package 6-inch corn tortillas
- 1 (8-oz.) tub fresh pineapple salsa or 1 (16-oz.) jar pineapple salsa
- 1 (15-oz.) can black beans
- 1 (8-oz.) package pad thai rice noodles, preferably brown rice noodles
- 1 (7-oz.) jar oil-packed sun-dried tomatoes
- 1 (8-oz.) bottle pad thai sauce
- 1 (12-oz.) can unsalted dry-roasted peanuts
- 1 (18-oz.) container rolled oats

Produce

- 2 medium to large ripe bananas
- 1 pint grape tomatoes
- 4 medium limes
- 2 medium lemons
- 1 head garlic

- 1 medium red onion
- 1 large shallot
- 1 (9-oz.) package coleslaw mix
- 1 (16-oz.) bag spinach
- 1 (10-oz.) package baby spinach
- 1 (10-oz.) package mixed salad greens
- 1 medium avocado
- 1 (8-oz.) bag stringless snap peas
- 1 (10-oz.) bag matchstick carrots
- 1 bunch scallions
- 1 bunch fresh parsley
- 1 bunch cilantro

Dairy, Milk & Eggs

- 1 (5-oz.) tub grated Parmesan cheese
- 6 large eggs
- ½ pint heavy cream

Meat, Poultry & Seafood

- 1 pound salmon fillet
- 1 pound peeled and deveined shrimp (21-30 count)
- 1 pound chicken cutlets
- ¾ pound lean ground beef

Other

- 1 (12-oz.) bag frozen riced cauliflower
- 1 (16-oz.) bag frozen peas
- 1 (16-oz.) bag frozen corn
- 1 (9-oz.) bag mini chocolate chips
- 1 (4-oz.) bottle elderberry syrup
- 2 (200-mL). bottles Fever-Tree bitter lemon mixer
- ½ cup dry white wine
- 8 oz. vodka
- 4 tsp. Bénédictine liqueur

