

# THE PREP

October 19th - October 26th, 2019 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Nonstick cooking spray
- Curry powder
- Chili powder
- Cayenne pepper
- Smoked paprika
- Garlic powder
- Ground turmeric
- Garam masala
- Ground cumin
- Ground cinnamon
- Ground nutmeg
- Hot sauce
- Mayonnaise
- All-purpose flour
- Salsa

## Grocery

- 1 (15-oz.) can no-salt-added chickpeas
- 1 (15-oz.) can kidney beans
- 2 (15-oz.) cans low-sodium chickpeas
- 2 (15-oz.) cans low-sodium black beans or pinto beans
- 2 (14-oz.) cans no-salt-added diced tomatoes
- 1 (6-oz.) can no-salt-added tomato paste
- 1 (15-oz.) can no-salt-added tomato puree
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (15-oz.) can "lite" coconut milk
- 1 (15-oz.) can unsalted chicken stock
- 1 (12-oz.) jar pickled jalapeños
- 1 (8-ct.) package 8-inch whole-wheat tortillas
- 2 (8-oz.) packages cooked brown rice
- 1 (1-lb.) box whole-wheat linguine pasta
- 1 (16-oz.) bag dark brown sugar
- 1 tsp. sanding sugar or turbinado sugar

## Produce

- 7 medium Granny Smith, Honeycrisp and/or Braeburn apples
- 1 (14-oz.) bag frozen (or fresh) strawberries, blueberries, raspberries or chopped mango

- 3 medium bananas
- 1 head garlic
- 4 medium shallots
- 2 large onions
- 1 medium yellow onion
- 1 (3-in.) piece fresh ginger
- 1 small jalapeño pepper
- 2 (14-oz.) packages cubed butternut squash
- 1 (1-lb.) bag medium carrots
- 1 (10-oz.) bag pre-washed spinach or other sturdy greens
- 1 (16-oz.) bag chopped kale
- 1 medium head cauliflower
- 1 pound broccoli
- 1 pint grape tomatoes
- 1 (16-oz.) container plus 1 (8-oz.) container mixed mushrooms
- 1 bunch chives and/or dill
- 1 bunch cilantro
- 1 bunch scallions
- 1 (0.75-oz.) container fresh thyme
- 1 (0.75-oz.) container parsley

## Dairy, Milk & Eggs

- 1 stick butter
- ½ pint heavy cream
- 1 pint fat-free half-and-half
- 1 (8-oz.) bottle buttermilk
- 1 (8-oz.) bottle reduced-fat milk
- 2 (8-oz.) bags shredded Cheddar cheese
- 1 (8-oz.) tub sour cream
- 1 (5-oz.) tub grated Parmesan cheese
- ½ gallon unsweetened vanilla almond milk or soymilk

## Meat, Poultry & Seafood

- 1¼ pounds wild salmon
- 1½ pounds boneless, skinless chicken thighs
- 1 pound lean ground turkey

## Other

- 1 (375-mL) bottle dry white wine
- 2 (9-in.) refrigerated pie crusts