

THE PREP

November 16th - November 22nd, 2019 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Bay leaves
- Extra-virgin olive oil
- Canola oil
- Garam masala
- Ground cardamom
- Ground turmeric
- Ground cumin
- Dried oregano
- All-purpose flour
- Honey
- Pumpkin pie spice
- Cayenne pepper
- Maple syrup

Grocery

- 1 (32-oz.) carton unsalted chicken broth or vegetable broth
- 1 (15-oz.) can unsalted chicken broth or vegetable broth
- 1 (32-oz.) carton low-sodium vegetable broth or no-chicken broth
- 1 (16-oz.) package shelf-stable gnocchi
- 1 (15-oz.) can unsweetened pumpkin
- 2 (14-oz.) cans light coconut milk
- 2 (6-oz.) cans no-salt-added tomato paste
- 1 (28-oz.) can Italian plum tomatoes
- 1 (8-oz.) packet cooked long-grain brown rice
- 1 (9-oz.) package cheese tortellini, fresh or frozen
- 1 (8-oz.) can whole-wheat panko breadcrumbs
- 1 (4-oz.) jar red curry paste
- 1 (15-oz.) can white beans
- 1 (6.5-oz.) package unsalted roasted pumpkin seeds (pepitas)
- 1 (16-oz.) jar unsalted dry-roasted peanuts
- 1 (18-oz.) package old-fashioned rolled oats
- 1 (2.25-oz.) package slivered almonds

- 1 (7-oz.) bag unsweetened shredded coconut
- 1 (32-oz.) carton unsweetened vanilla coconut beverage
- 1 (1.25-oz.) bar dark chocolate

Produce

- 2 heads garlic
- 1 shallot
- 4 medium onions
- 1 large leek
- 1 (5-in.) piece ginger
- 3 lbs. small russet potatoes
- 1 lb. sweet potatoes
- 1 lb. trimmed Brussels sprouts
- 1 large head cauliflower
- 1 lb. trimmed green beans
- 1 serrano chile
- 2 lemons
- 3 limes
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch parsley
- 1 (0.75-oz.) container basil
- 1 (0.75-oz.) container thyme

Dairy, Milk & Eggs

- 1 pint half-and-half
- 1 (7-oz.) container whole-milk plain Greek yogurt
- 1 (8-oz.) bottle reduced-fat milk
- 1 stick unsalted butter
- 1 (8-oz.) block reduced-fat cream cheese
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (8-oz.) package shredded Cheddar cheese

Meat, Poultry & Seafood

- 4 slices center-cut bacon
- 2¼ pounds boneless, skinless chicken thighs
- 1 pound large sea scallops (about 16 scallops)