

# THE PREP

November 23rd - November 29th, 2019 Shopping List

## The Rest of the Week's Items

### Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Toasted sesame oil
- Canola oil
- Red-wine vinegar
- Dijon mustard
- Lower-sodium soy sauce
- Light brown sugar
- Crushed red pepper
- Ground coriander
- Ground cumin
- Ground turmeric
- Garam masala
- Dried oregano
- Garlic powder
- Vanilla extract

### Grocery

- 1 (8-oz.) tub white miso
- 1 (12-oz.) bag riced cauliflower
- 4 (8-oz.) packets pre-cooked rice
- 2 (15-oz.) cans chickpeas
- 1 (24-oz.) package frozen or refrigerated cheese ravioli
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (28-oz.) can no-salt-added canned diced tomatoes
- 1 (18-oz.) container old-fashioned rolled oats
- 1 (10-oz.) box crispy brown rice cereal

- 1 (5-oz.) package dried cherries
- 1 (8-oz.) package unsalted almonds
- 1 (8-oz.) bag mini chocolate chips
- 1 (8-oz.) package unsweetened shredded coconut
- 1 (8-oz.) bottle brown rice syrup
- 1 (12-oz.) jar natural almond butter

### Produce

- 2 heads garlic
- 1 (4-in.) piece fresh ginger
- 1 medium yellow onion
- 1 large jalapeño pepper
- 1 red Fresno chile
- 1 medium serrano pepper
- 1 pound Japanese eggplant
- 2 lemons
- 1 (16-oz.) package mixed salad greens
- 1 bunch scallions
- 1 (0.75-oz.) packet cilantro leaves
- 1 bunch basil
- 1 bunch flat-leaf parsley

### Dairy, Milk & Eggs

- 1 (8-oz.) container small fresh mozzarella balls
- 4 large eggs

### Meat, Poultry & Seafood

- 4 6-ounce salmon fillets, skin on
- 1 pound lean ground beef

