

THE PREP

November 30th - December 6th, 2019 Shopping List

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Toasted sesame oil
- Balsamic vinegar
- Low-sodium soy sauce
- Dijon mustard
- Reduced-fat mayonnaise
- Pure maple syrup
- Honey
- All-purpose flour
- Italian seasoning
- Old Bay seasoning
- Ground cumin
- Dried oregano

Grocery

- 1 whole-wheat baguette
- 1 (32-oz.) carton reduced-sodium chicken broth
- 1 (14-oz.) box quick-cooking or instant wild rice
- 1 (8-oz.) packet brown rice
- 1 (8-oz.) packet cooked quinoa
- 2 (15-oz.) cans black beans
- 1 (7-oz.) can chipotles in adobo sauce
- 1 (16-oz.) jar smooth natural peanut butter, almond butter or sunflower seed butter
- 1 (7-oz.) bag unsweetened shredded coconut
- 1 (8-oz.) bag dark chocolate chips
- 1 (12-oz.) bag unsalted shelled pistachios
- ½ loaf whole-wheat sandwich bread
- 1 (15-oz.) can salmon
- 1 (8-oz.) bottle orange juice

Produce

- 1 small onion
- 1 small red onion
- 4 shallots
- 1 head garlic
- 1 (3-in.) piece ginger
- 2 lemons

- 5 limes
- 1 (5-oz.) box mixed greens
- 2 (11-oz.) bags baby spinach
- 2 heads Bibb lettuce
- 1 small head red cabbage
- 1 (8-oz.) package sliced mushrooms
- 2 to 3 (16-oz.) packages zucchini noodles
- 1 (1-lb.) bag carrots
- 1 bunch celery
- 1 medium English cucumber
- 2 red bell peppers
- 1 serrano pepper
- 3 medium avocados
- 1 medium sweet potato
- 2 small heads cauliflower
- 1 medium jicama
- 1 (0.75-oz.) package fresh dill
- 1 bunch basil
- 1 bunch parsley
- 1 bunch scallions
- 1 bunch cilantro
- 1 (12-oz.) bag frozen riced cauliflower
- 1 (16-oz.) tub pico de gallo

Dairy, Milk & Eggs

- 1 (8-oz.) tub reduced-fat sour cream
- 1 (8-oz.) tub part-skim ricotta cheese
- 1 (8-oz.) bag shredded part-skim low-moisture mozzarella cheese
- 1 (6-oz.) tub crumbled feta cheese
- 1 (10-oz.) package crumbled queso fresco
- 1 (8-oz.) container nonfat plain yogurt
- 1 large egg

Meat, Poultry & Seafood

- 3 cups shredded cooked chicken or turkey (12 oz.)
- 1 pound raw shrimp (21-25 count)
- 1 pound ground chicken breast