

THE PREP

November 9th - November 15th, 2019 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Avocado oil
- Canola oil
- Sesame oil
- Rice vinegar
- Ground cumin
- Ground coriander
- Chili powder
- Dried oregano
- Paprika
- Italian seasoning
- No-salt-added Mexican-style seasoning blend
- Toasted sesame seeds
- Vanilla extract
- All-purpose flour
- Light brown sugar
- Baking soda

Grocery

- 2 rotisserie chickens
- 1 (32-oz.) carton unsalted chicken stock
- 1 (14-oz.) can vegetable broth
- 1 (14-oz.) can low-sodium beef broth or chicken broth
- 1 (10-oz.) package whole-wheat egg noodles
- 1¼ cups whole-wheat elbow macaroni
- 1 (8-oz.) packets of brown rice
- 1 (12-oz.) package quinoa
- 1 (8-ct.) package corn tortillas
- 1 (8-ct.) package whole-wheat tortillas (8-in.)
- 1 (15-oz.) can chickpeas
- 1 (15-oz.) can no-salt-added black beans
- 1 (15-oz.) can reduced-sodium black beans
- 1 (15-oz.) can no-salt-added fire-roasted tomatoes
- 1 (14-oz.) can no-salt-added diced tomatoes
- 1 (8-oz.) can no-salt-added tomato sauce

- 1 (15-oz.) jar tikka masala sauce
- 1 (16-oz.) jar creamy natural peanut butter
- 1 (18-oz.) container quick-cooking oats

Produce

- 1 head garlic
- 1 (2-in.) piece ginger
- 1 large onion
- 2 medium onions
- 2 medium carrots
- 1 bunch celery
- 1 medium sweet potato
- 1 avocado
- 1 medium head cauliflower
- 2 medium heads broccoli (with stalks attached)
- 1 bunch scallions
- 1 bunch cilantro
- 1 (8-oz.) tub pico de gallo

Dairy, Milk & Eggs

- 2 sticks unsalted butter
- 1 quart whole milk
- 1 (8-oz.) tub light sour cream
- 1 (5-oz.) tub grated Parmesan cheese (optional)
- 2 large eggs

Meat, Poultry & Seafood

- 1 pound flaky white fish fillets, such as cod, haddock or mahi mahi
- 2 pounds bone-in chicken thighs
- 1 pound lean ground beef
- 1 (14-oz.) package extra-firm water-packed tofu

Other

- 1 (16-oz.) bag frozen green peas
- 1 (16-oz.) bag frozen corn
- 1 (10-oz.) bag semisweet chocolate chips
- ⅓ cup or 1 (1.69-oz.) bag candy-coated milk chocolate pieces