

THE PREP

December 14th - December 21st, 2019 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Ground pepper
- Extra-virgin olive oil
- Sesame oil
- Cider vinegar
- Rice vinegar
- Reduced-sodium soy sauce or tamari
- Brown sugar
- Ground cumin
- Chili powder
- Ground coriander
- Ground cinnamon
- Unsweetened cocoa powder
- Vanilla extract

Grocery

- 1 (8-ct.) package whole-wheat pita bread
- 1 (8-ct.) package corn tortillas
- 1 (32-oz.) carton low-sodium vegetable or chicken broth
- 1 (32-oz.) carton unsalted chicken broth
- 1 (15-oz.) can unsalted chicken broth
- 1 (24-oz.) bag quick-cooking polenta
- 4 (15-oz.) cans low-sodium cannellini beans
- 1 (15-oz.) can black beans
- 1 (6-oz.) jar pesto
- 1 (15.5-oz.) jar salsa
- 1 (25-oz.) jar low-sodium marinara sauce
- 1 lb. whole-wheat pizza dough
- 1 (16-oz.) bag frozen corn
- 3 (10-oz.) packages frozen chopped kale
- 1 (12-oz.) bag frozen cauliflower
- 1 (8-oz.) bag pitted dried dates

- 1 (18-oz.) package old-fashioned rolled oats
- 1 (16-oz.) jar creamy natural peanut butter
- 1.5 oz. dark chocolate
- 4 candy canes
- 1 (375-mL) bottle Kahlua

Produce

- 1 head garlic
- 2 lemons
- 2 limes
- 1 avocado
- 1 medium yellow onion
- 1 medium red bell pepper
- 1 medium head broccoli
- 3 large carrots
- 2 medium parsnips
- 2 medium beets
- 1 medium red onion
- 1 medium sweet potato
- 1 (5-oz.) box arugula
- 1 (16-oz.) bag chopped kale
- 1 (0.75-oz.) container fresh sage
- 1 (0.75-oz.) container cilantro
- 1 (0.75-oz.) container rosemary
- 1 bunch flat-leaf parsley
- 1 bunch basil

Dairy, Milk & Eggs

- 10 large eggs
- 1 stick unsalted butter
- 1 (8-oz.) bottle 1% milk
- 1 (4-oz.) log goat cheese
- 1 (8-oz.) wedge Parmesan cheese
- 1 (8-oz.) bag shredded part-skim mozzarella cheese

Meat, Poultry & Seafood

- 1 pound peeled and deveined large shrimp (31-35 count)
- 2 bone-in chicken breasts (1 lb. each)
- 1 oz. very thinly sliced prosciutto