

THE PREP

December 21st - December 27th, 2019 Shopping List
Christmas Eve & Christmas Day Dinners

Pantry Staples

- Salt
- Kosher salt
- Ground pepper
- Extra-virgin olive oil
- Vegetable oil
- Balsamic vinegar
- Worcestershire sauce
- Dijon mustard
- All-purpose flour
- White whole-wheat flour
- Cornstarch
- Peppermint extract
- Ground cinnamon
- Garlic powder
- Crushed red pepper
- Ground cumin
- Paprika
- Dried thyme
- Smoked paprika
- Cayenne pepper

Grocery

- 2 slices whole-wheat sandwich bread
- 1 whole-wheat baguette
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (6-oz.) jar prepared horseradish
- 1 (14-oz.) bottle pomegranate molasses
- 1 (14-oz.) can artichoke hearts
- 1 (2-oz.) bag chopped walnuts
- 1 (2-oz.) bag chopped pecans
- 1 (12-oz.) bag dried cranberries
- 1 (7- to 8-oz.) prepared pie crust
- 1 (15-oz.) can cranberry sauce
- 1 (16-oz.) bag frozen chopped spinach
- 1 (16-oz.) bag bittersweet chocolate chips (60% cacao)
- 1 candy cane

Produce

- 1 head garlic
- 3 medium onions
- 2 medium shallots
- 1 bunch celery
- 3 medium carrots
- 1 medium bell pepper
- 2 (14-oz.) packages cubed butternut squash
- 1 (5-oz.) container baby arugula
- 2 pounds broccoli florets
- 1 pound Brussels sprouts
- 4 pounds sweet potatoes
- 1 orange
- 3 lemons
- 1 (0.75-oz.) container thyme sprigs
- 1 (0.75-oz.) container fresh rosemary
- 1 bunch scallions

Dairy, Milk & Eggs

- 2 (8-oz.) packages reduced-fat cream cheese
- 1 (8-oz.) tub reduced-fat sour cream
- 1 (8-oz.) package shredded whole-milk mozzarella cheese
- 1 (8-oz.) package grated Parmesan cheese
- 1 (8-oz.) package shredded Colby Jack cheese
- 1 burrata ball (3 ¾ oz.)
- 3 oz. Brie cheese
- 1 half gallon nonfat milk
- 2 sticks unsalted butter
- 1 (32-oz.) tub nonfat plain Greek yogurt

Meat, Poultry & Seafood

- 2 (5-lb.) whole chickens
- 3 pounds boneless beef eye of round roast