

# THE PREP

December 21st - December 27th, 2019 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Ground pepper
- Extra-virgin olive oil
- Nonstick cooking spray
- Red-wine vinegar
- Dijon mustard
- Sweet paprika
- Crushed red pepper
- Garlic powder
- Granulated sugar

## Grocery

- 1 (32-oz.) carton low-sodium chicken broth
- 1 (32-oz.) carton low-sodium vegetable broth
- 8 ounces cavatelli or multigrain penne pasta
- 8 ounces ditalini pasta
- 1 (16-in.) whole-wheat baguette
- 1 loaf whole-grain rustic bread
- 1 (14.5-oz.) can no-salt-added diced tomatoes
- 1 (8-oz.) can no-salt-added tomato sauce
- 3 (15-oz.) cans no-salt-added cannellini or other white beans
- 1 (11-oz.) tub pesto
- 1 (1.75-oz.) tube anchovy paste
- 1 (10-oz.) bag frozen riced cauliflower
- 1 (12-oz.) bag frozen peas
- 1 (28-oz.) bag frozen shredded hash brown potatoes
- 1 (375-mL) bottle white tequila
- 1 (8-oz.) bottle pomegranate juice
- 1 (1-L) bottle Triple Sec

## Produce

- 1 head garlic
- 2 medium onions
- 1 large onion

- 1 medium red onion
- 1 small eggplant or zucchini
- 2 medium zucchini
- 1 medium red bell pepper
- 2 medium carrots
- 1 bunch celery
- 12 ounces green beans
- 4 Roma tomatoes
- 1 head broccoli
- 1 leek
- 1 (4-oz.) container cremini mushrooms
- 1 (8-oz.) container white mushrooms
- 1 (3-ct.) bag romaine lettuce hearts
- 1 (5-oz.) container baby spinach
- 1 (12-oz.) bag chopped kale
- 1 (5-oz.) container baby kale
- 2 lemons
- 6 limes
- 1 bunch basil
- 1 bunch parsley
- 1 (0.75-oz.) container oregano
- 1 (0.75-oz.) container chives

## Dairy, Milk & Eggs

- 1 (8-oz.) package shredded reduced-fat Italian blend cheese
- 1 (8-oz.) tub grated Parmesan cheese
- 1 (8-oz.) package shredded reduced-fat Cheddar cheese
- 1 (8-oz.) tub sour cream
- 1 (8-oz.) bottle fat-free milk
- 1 dozen eggs

## Meat, Poultry & Seafood

- 12 ounces ground Italian turkey sausage
- 1 pound chicken cutlets
- 6 ounces thinly sliced, lower-sodium cooked honey ham

