

THE PREP

December 28th - January 3rd, 2019 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Ground pepper
- Extra-virgin olive oil
- Cooking spray
- Mayonnaise
- Reduced-sodium tamari or soy sauce
- All-purpose flour
- Light brown sugar
- Ground cinnamon
- Italian seasoning
- Vanilla extract

Grocery

- 1 (8-oz.) box Israeli couscous
- 1 (16-oz.) bag dried cannellini beans
- 1 (15-oz.) can cannellini beans
- 1 (18-oz.) carton rolled oats
- 1 (32-oz.) carton unsalted chicken stock
- 3 (15-oz.) cans unsalted chicken stock
- 1 (6-oz.) jar sliced Kalamata olives
- 1 (2-oz.) package chopped pecans
- 1 (12-oz.) bag pepitas
- 1 (12-oz.) bag sunflower seeds
- 1 (6-oz.) bag unsalted shelled pistachios
- 1 (8-oz.) box dried currants
- 1 (16-oz.) package frozen corn

Produce

- 1 head garlic
- 1 medium onion
- 2 leeks
- 1 (16-oz.) package baby arugula
- 1 (16-oz.) package baby spinach
- 1 (16-oz.) bag chopped curly kale

- 1 (2½-lb.) spaghetti squash
- 1 medium head broccoli
- 1 small head red cabbage
- 4 medium carrots
- 1 medium red bell pepper
- 2 large zucchini
- 1 pint cherry tomatoes
- 4 plum tomatoes
- 2 avocados
- 3 lemons
- 2 medium red apples
- 1 bunch basil
- 1 bunch parsley
- 1 (0.75-oz.) package oregano
- 1 (0.75-oz.) package sage
- 1 (0.75-oz.) package rosemary
- 1 (0.75-oz.) package chives

Dairy, Milk & Eggs

- 1 (8-oz.) bottle low-fat milk
- 1 (8-oz.) bottle buttermilk
- 1 (5.3-oz.) cup low-fat plain yogurt
- 1 (5-oz.) tub finely grated Parmesan cheese
- 1 (6-oz.) package crumbled feta cheese
- 1 (15-oz.) tub part-skim ricotta
- 1 stick butter
- 8 large eggs

Meat, Poultry & Seafood

- 1 (12-oz.) package spinach-and-feta chicken-and-turkey sausage
- 1 (12-oz.) package cooked Italian chicken sausage
- 1 pound salmon fillet
- 1 pound boneless, skinless chicken breasts
- 1 rotisserie chicken (or 4 cups shredded cooked chicken)