

THE PREP

January 4th - January 10th, 2020 Shopping List
15-Minute Dinners

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Grapeseed oil
- Lower-sodium tamari
- Rice vinegar
- Pure maple syrup
- Honey
- Whole-grain or Dijon mustard
- Nut butter
- Cornstarch
- Curry powder
- Smoked paprika

Grocery

- 1 (7-oz.) tub toasted pepitas
- 1 (2.2-oz.) jar sesame seeds
- 1 (6-oz.) bag shelled pistachios
- 1 (15-oz.) can white beans
- 1 (12-oz.) jar roasted red peppers
- 1 (6-oz.) jar sun-dried tomato tapenade or sun-dried tomato pesto
- 1 (32-oz.) carton low-sodium butternut squash soup
- 2 (18-oz.) cartons low-sodium black bean soup
- 2 (8.8-oz.) pouches pre-cooked microwaveable brown rice
- 1 (10-oz.) box whole-wheat couscous
- 1 (8-ct.) package 5-inch whole-wheat pitas
- 1 loaf whole-wheat bread
- 1 (13-oz.) bag baked tortilla chips
- 1 (10-oz.) bag chocolate chips

- 1 (8-oz.) bottle pineapple juice
- 1 (8-oz.) tub pesto
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli
- 1 (10-oz.) box frozen chopped spinach

Produce

- 1 (2-in.) piece ginger
- 1 lemon
- 1 lime
- 1 head garlic
- 1 medium apple
- 3 medium avocados
- 1 (5-oz.) package baby lettuce
- 1 (5-oz.) package baby spinach
- 1 (8-oz.) bag shredded cabbage or slaw mix
- 1 head broccoli
- 1 pound green beans
- 2 pints grape tomatoes
- 1 bunch scallions
- 1 (0.75-oz.) package thyme

Dairy, Milk & Eggs

- 8 thin slices sharp Cheddar cheese (about 4 ounces)
- 1 (8.8-oz.) package halloumi cheese
- 1 (3.5-oz.) tub crumbled feta cheese
- 1 (10-oz.) package crumbled cotija cheese or other Mexican-style shredded cheese
- 8 large eggs

Meat, Poultry & Seafood

- 1 pound boneless, skinless chicken breasts
- 4 (4-oz.) skinless center-cut wild-caught salmon fillets