

# THE PREP

January 18th - January 24th, 2020 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Cider vinegar
- Reduced-sodium Worcestershire sauce
- Spicy brown mustard
- Mayonnaise
- Ketchup
- Light brown sugar
- Sugar
- New Mexico chile powder
- Garlic powder
- Onion powder
- Cayenne pepper
- Crushed red pepper

## Grocery

- 1 (15-oz.) can no-salt-added black beans
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (6-oz.) can tomato paste
- 1 (8.5-oz.) jar oil-packed sun-dried tomatoes
- 1 (16-oz.) box orzo, preferably whole-wheat
- 1 (1-lb.) box whole-wheat fettuccine
- 1 (17.5-oz.) bag gnocchi, preferably whole-wheat
- 2 (8-oz.) packages frozen or refrigerated butternut squash ravioli
- 1 (10-oz.) package frozen riced cauliflower
- 1 (14-oz.) bag frozen chicken meatballs
- 1 (32-oz.) carton unsalted chicken broth
- 1 (15-oz.) can unsalted chicken broth
- 1 loaf whole-wheat bread
- 4 whole-wheat hamburger buns
- 1 (14-oz.) package Trader Joe's frozen Mexican-Style Roasted Corn with Cotija Cheese (or buy frozen corn and cotija or feta cheese to mix in)
- 1 (12-oz.) package Trader Joe's Black-Bean Rotini (or canned black beans)
- 1 (12-oz.) package Trader Joe's Grilled Chili-Lime Chicken Strips (or marinated cooked chicken breast from the deli counter)

- 1 (12-oz.) bottle Trader Joe's Cilantro Salad Dressing (or a different Southwestern-style dressing)
- 1 (12-oz.) tub mild pico de gallo
- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle (or smaller) white tequila
- 1 (750-mL) bottle (or smaller) triple sec

## Produce

- 1 large leek
- 2 heads garlic
- 1 medium onion
- 1 large yellow onion
- 2 medium red onions
- 3 shallots
- 1 medium carrot
- 1 bunch celery
- 1 pint cherry tomatoes
- 1 (5-oz.) container baby spinach
- 1 (5-oz.) container arugula
- 1 (16-oz.) bag chopped kale
- 2 lemons
- 5 limes
- 4 blood oranges
- 1 bunch scallions
- 1 bunch parsley
- 1 (0.75-oz.) container sage
- 1 (0.75-oz.) container oregano
- 1 (0.75-oz.) container basil

## Dairy, Milk & Eggs

- 1 stick unsalted butter
- 1 (8-oz.) tub grated Parmesan cheese
- ½ pint heavy cream
- 1 (5.3-oz.) container whole-milk plain yogurt
- 4 large eggs

## Meat, Poultry & Seafood

- 12 ounces 90%-lean ground beef
- 1 pound chicken cutlets
- 1 (6-oz.) package hot Italian sausage
- 1 (6-oz.) package pre-cooked chicken and apple sausages
- 12 ounces sustainably sourced peeled and deveined raw shrimp (26-30 per pound)