

# THE PREP

January 4th - January 10th, 2020 Shopping List

## Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cider vinegar
- Rice vinegar
- Reduced-sodium tamari or soy sauce
- Mayonnaise
- Sugar
- Ground cumin
- Dried oregano
- Fennel seeds
- Crushed red pepper
- Garlic powder

## Grocery

- 2 (8-oz.) packages frozen or refrigerated butternut squash ravioli
- 2 (8-oz.) packages IQF (individually quick-frozen) spinach
- 1 (10-oz.) package frozen riced cauliflower
- 1 (8-oz.) package cooked quinoa (or 1 cup dry quinoa)
- 8 ounces whole-wheat fettuccine
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (15-oz.) can unsalted chicken broth
- 2 (15-oz.) cans low-sodium chickpeas
- 1 (24-oz.) jar lower-sodium marinara sauce
- 1 (15.5-oz.) jar salsa
- 1 (6-oz.) can tomato paste
- 1 (8-oz.) tub tzatziki
- 1 (7.25-oz.) jar sunflower seeds
- 1 (2-oz.) bag toasted pine nuts
- 1 (16-oz.) jar natural peanut butter
- 1 (8-oz.) package unsweetened shredded coconut (optional)
- ¼ cup dry white wine

## Produce

- 3 medium red onions
- 2 large onions
- 2 heads garlic
- 1 medium jalapeño pepper
- 2 (16-oz.) bags chopped kale

- 1 (5-oz.) container arugula
- 1 small head iceberg or romaine lettuce
- 2 (1½-lb.) spaghetti squashes
- 1 lb. green beans
- 1 English cucumber
- 4 medium carrots
- 1 medium head broccoli
- 1 medium head red cabbage
- 1 pint cherry tomatoes
- 1 medium jícama
- 5 medium ripe avocados
- 1 lime
- 4 lemons
- 2 medium bananas
- 1 (0.75-oz.) container thyme
- 1 (0.75-oz.) container chives
- 1 (0.75-oz.) container mint
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch parsley

## Dairy, Milk & Eggs

- 1 stick unsalted butter
- 1 (8-oz.) tub grated Parmesan cheese
- 1 (8-oz.) bag shredded low-moisture, part-skim mozzarella cheese
- 1 (5-oz.) tub crumbled feta cheese
- 1 (5.3-oz.) container low-fat plain yogurt
- 1 (5.3-oz.) container whole-milk plain yogurt

## Meat, Poultry & Seafood

- 1 (12-oz.) package pre-cooked chicken-and-apple sausages
- 1 pound boneless, skinless chicken breast
- 1 pound chicken breast cutlets
- 1 pound lean ground beef
- 1 pound plus 12 ounces 93%-lean ground turkey
- 1 pound salmon fillet
- 12 ounces sustainably sourced peeled and deveined raw shrimp (26-30 per pound)