

THE PREP

September 12th – September 18th, 2020 Shopping List

Pantry Staples

- Salt
- Pepper
- Olive oil
- Canola oil
- Toasted (dark) sesame oil
- Balsamic vinegar
- Rice vinegar
- Cumin
- Paprika
- Crushed red pepper
- Dried thyme
- Reduced-sodium soy sauce
- Mayonnaise
- Baking soda
- Honey
- Granulated sugar
- Brown sugar
- Vanilla extract

Grocery

- 1 (12-oz.) jar molasses
- 1 (2-oz.) package toasted sesame seeds
- 1 (2-oz.) package chopped walnuts
- 1 (2-oz.) slivered almonds
- 1 (16-oz.) bag brown rice
- 1 (16-oz.) bottle pomegranate molasses
- 1 (16-oz.) container panko breadcrumbs
- 2 (15-oz.) cans no-salt-added great northern beans
- 1 (32-oz.) container unsalted chicken stock
- 1 (4-oz.) can chopped green chiles
- 1 (7-oz.) jar roasted red peppers
- 1 (8-oz.) bag cooked quinoa
- 1 (7-oz.) jar pitted Kalamata olives
- 1 (32-oz.) container rolled oats
- 1 (1-lb.) bag whole-wheat flour
- 1 (16-oz.) bag chocolate chips
- 1 lb. whole-wheat pizza dough

Produce

- 1 medium shallot
- 1 small onion
- 1 small red onion
- 1 medium yellow onion
- 1 head garlic
- 1 (2-in.) piece fresh ginger

- 2 medium stalks celery
- 1 large tomato
- 1 medium cucumber
- 1 medium red bell pepper
- 1 lb. large broccoli florets with 2-inch stalks attached
- 2 bunches broccolini
- 1 medium butternut squash or 1 (16-oz.) package peeled, cubed butternut squash
- 1 (2 ½ to 3-lb.) spaghetti squash
- 1 (10-oz.) package lightly packed baby arugula
- 1 (5-oz.) package baby spinach
- 1 (12-oz.) bag romaine lettuce
- Pomegranate seeds (optional)
- 1 (0.75-oz.) container fresh parsley
- 1 bunch cilantro
- 1 bunch scallions
- 1 (10-oz.) package frozen artichoke hearts

Dairy, Milk & Eggs

- 1 burrata ball (3 ¾ ounces)
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package shredded fontina cheese
- 1 (5-oz.) package crumbled feta cheese
- 1 (8-oz.) bottle buttermilk
- 1 stick butter
- 2 large eggs

Meat, Poultry & Seafood

- 1 ¼ pounds wild salmon
- 1 lb. lean ground turkey
- 1 lb. boneless, skinless chicken thighs
- ½ cup diced pancetta
- 1 lb. boneless, skinless chicken breasts