

# THE PREP

October 3rd – October 9th, 2020 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Olive oil
- Canola oil
- Reduced-sodium soy sauce
- Cornstarch
- All-purpose flour
- Honey
- Maple syrup
- White granulated sugar
- Brown sugar
- Pumpkin pie spice
- Ground nutmeg
- Cayenne pepper
- Crushed red pepper
- Ground white pepper

## Grocery

- 1 loaf whole-wheat bread
- 1 (16-oz.) box whole-wheat fettuccine
- 1 (16-oz.) box gluten-free penne pasta or whole-wheat penne pasta
- 1 (12-oz.) bag uncooked whole-wheat egg noodles
- 1 (16-oz. package thin rice noodles or rice sticks
- 1 (8-oz.) package cooked brown rice
- 1 (30-oz.) container old-fashioned oats
- 1 (16-oz.) container panko breadcrumbs
- 1 (7-oz.) can chipotle peppers in adobo
- 1 (15-oz.) can pumpkin
- 1 (12-oz.) can fat-free evaporated milk
- 1 (6-oz.) bottle chili-bean sauce
- 2 (32-oz.) cartons unsalted chicken broth
- 1 (15-oz.) can reduced-sodium chicken broth
- 2 (2-oz.) packages chopped slivered almonds
- 1 (8-oz.) package unsweetened shredded coconut
- 1 (16-oz.) package frozen green peas
- 1 (750-mL.) bottle dry sherry (or sherry vinegar)
- 1 (750-mL.) bottle whiskey or bourbon
- 1 (750-mL.) dry white wine
- Citrus bitters or other bitters

## Produce

- 1 (2-in.) piece ginger
- 1 head garlic
- 2 medium yellow onions
- 2 medium carrots
- 2 large stalks
- 4 pints mixed mushrooms (cremini, oyster and/or shiitake)
- 1 head bok choy (about 1 pound)
- 1 medium tomato
- 1 medium avocado
- 1 small head cabbage
- 1 bunch radishes
- 1 (16-oz.) container fresh spinach
- 1 (12-oz.) package peeled, cubed butternut squash
- 1 (16-oz.) package Brussels sprouts
- 4 medium lemon
- 1 medium lime
- 1 medium orange
- 1 bunch scallions
- 1 bunch cilantro
- 1 (0.75-oz.) container thyme

## Dairy, Milk & Eggs

- 1/3 pound sliced cheese, such as Cheddar, American and/or Havarti
- 1 stick unsalted butter
- 1 (8-oz.) bottle low-fat milk
- 1 (8-oz.) bottle whole milk
- 1 (8-oz.) container sour cream
- 1 (5-oz.) tub finely shredded Asiago cheese
- 1 (5-oz.) tub grated Parmesan cheese

## Meat, Poultry & Seafood

- 1 lb. white fish, such as cod
- 2 rotisserie chickens
- 1 lb. boneless, skinless chicken breast or thighs
- 1 lb. ground pork