

# THE PREP

October 10th – October 16th, 2020 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Avocado oil or canola oil
- Dried thyme
- Dried rosemary
- Bay leaf
- Ground cumin
- Paprika
- Cayenne pepper
- Ground cinnamon
- Baking powder
- Baking soda
- White whole-wheat flour
- Light brown sugar
- White sugar
- Vanilla extract

## Grocery

- 1 (16-in.) baguette
- 1 (16-oz.) box whole-wheat linguine or spaghetti
- 1 (28-oz.) canned crushed tomatoes
- 1 (15-oz.) can no-salt-added diced tomatoes, preferably fire-roasted
- 5 (15-oz.) cans no-salt-added chickpeas
- 1 (4.5-oz.) tube tomato paste
- 1 (14-oz.) can artichoke hearts
- 1 (18-oz.) jar cups coconut curry simmer sauce
- 1 (15-oz.) can vegetable broth
- 1 (8-oz.) package pre-cooked brown rice
- 1 (6-oz.) bottle balsamic glaze
- 1 (6-oz.) jar pitted oil-cured olives
- 1 lb. fresh prepared whole-wheat pizza dough
- 1 gal. apple cider or apple juice
- 8 whole allspice berries

- 8 cardamom seeds
- 8 cinnamon sticks
- 1 (750-mL.) bottle apple brandy

## Produce

- 2 heads garlic
- 3 medium onions
- 1 medium lemon
- 2 pints sliced mushrooms
- 1 (16-oz.) package sliced Brussels sprouts
- 1 (10-oz.) container baby spinach
- 1 lb. fresh asparagus
- 1 medium bell pepper
- 1 medium zucchini
- 1 pt. baby heirloom tomatoes
- 3 apples
- 1 bunch parsley
- 1 bunch basil
- 1 (0.75-oz.) container thyme
- 1 (0.75-oz.) container chives

## Dairy, Milk & Eggs

- 1 (5-oz.) container Boursin cheese
- 1 (½-pt.) heavy cream
- 1 dozen large eggs
- 2 stick butter
- 2 sticks unsalted butter
- 1 (8-oz.) bottle buttermilk
- 1 (8-oz.) package fresh mozzarella cheese

## Meat, Poultry & Seafood

- 1 lb. boneless, skinless chicken thighs
- 1 lb. center-cut salmon fillet, preferably wild
- 2 pounds bone-in chicken thighs