

THE PREP

October 17th – October 23rd, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Grapeseed oil
- Rice vinegar
- Cider vinegar
- Lower-sodium tamari (gluten free) or soy sauce (not gluten free)
- Whole-grain or Dijon mustard
- Hot sauce
- Granulated sugar
- Honey
- Maple syrup
- Brown sugar
- Vanilla extract
- Cornstarch
- Ground cinnamon
- Smoked paprika or ground chipotle pepper
- Toasted sesame seeds

Grocery

- 1 (9-oz.) package refrigerated fresh linguine noodles, preferably whole-wheat
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (8-oz.) package frozen quartered artichoke hearts or 1 (15-oz.) can artichokes
- 1 (15-oz.) can chickpeas
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (12-oz.) jar roasted red peppers
- 1 (3.5-oz.) jar capers
- 1 (18-oz.) bottle light barbecue sauce (such as Annie's Organic)
- 1 (8-oz.) container hummus
- 1 (5-oz.) tub pesto
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli
- 1 (8-ct.) package corn tortillas
- 1 (42-oz.) carton old-fashioned rolled oats
- 1 (½-gal.) carton unsweetened almond milk
- 1 (7-oz.) package chia seeds

- 1 (8-oz.) bottle pineapple juice
- 2 (8.8-oz.) pouches precooked microwaveable brown rice
- 1 (8-oz.) package cooked quinoa
- 1 (5-oz.) package toasted pecans
- 1 (8-oz.) container unsweetened cocoa powder
- 1 (750-mL) bottle Kahlua, or cognac

Produce

- 2 cloves garlic
- 1 (1-in.) piece fresh ginger
- 2 medium lemons
- 1 medium apple
- 1 medium cucumber
- 2 pints cherry tomatoes
- 1 medium avocado
- 1 pound green beans
- 8 oz. broccoli florets
- 1 (5-oz.) package baby spinach
- 1 small head red cabbage
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch scallions

Dairy, Milk & Eggs

- 1 (5-oz.) container nonfat plain Greek yogurt
- 1 (8-oz.) bottle 1% milk

Meat, Poultry & Seafood

- 1 lb. peeled and deveined large shrimp
- 4 (4-oz.) skinless center-cut wild-caught salmon fillets
- 1 lb. boneless, skinless chicken breasts
- 1 (6-oz.) cooked chicken breast (from the deli section)

