

THE PREP

November 14th – 20th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Flaky sea salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Balsamic vinegar or balsamic glaze
- Reduced-sodium tamari or soy sauce
- Mayonnaise
- Pure maple syrup
- Dark brown sugar
- Vanilla extract
- White whole-wheat flour
- Baking powder
- Baking soda
- Italian seasoning
- Dried oregano
- Ground cinnamon
- Ground nutmeg

Grocery

- 1 (6-oz.) bag sunflower seeds
- 1 (28-oz.) can no-salt-added diced tomatoes
- 1 (8-oz.) can no-salt-added tomato sauce
- 1 (6-oz.) can tomato paste
- 1 (16-oz.) jar pizza sauce
- 1 (1-lb.) box whole-wheat spaghetti
- 1 lb. whole-wheat pizza dough
- 1 (16-oz.) container coarse dry whole-wheat breadcrumbs
- 1 (16-oz.) container old-fashioned rolled oats
- 1 (15-oz.) can white beans
- 1 (8-oz.) jar Kalamata olives
- 1 (8-oz.) bottle orange juice
- 1 (64-oz.) container unsweetened vanilla almond milk or soymilk
- 1 (16-oz.) bag dark chocolate chips

Produce

- 4 lemons
- 2 limes
- 1 head garlic
- 2 medium onions
- 1 medium red onion
- 3 medium zucchini

- 1 (12-oz.) package zucchini noodles
- 1 (16-oz.) package chopped kale
- 1 (5-oz.) container mixed greens
- 1 (1-lb.) bag spinach
- 2 bunches chard
- 1 medium head broccoli
- 1 medium head cauliflower
- 1 medium head red cabbage
- 2 medium carrots
- 2 medium acorn squash
- 1 medium jalapeño pepper
- 1 (8-oz.) package sliced mushrooms
- 1 pt. grape tomatoes
- 1 medium orange bell pepper
- 1 medium yellow bell pepper
- 4 large bell peppers
- 2 medium bananas
- 1 (16-oz.) bag frozen strawberries, blueberries, raspberries or chopped mango
- 1 (0.75-oz.) package parsley
- 1 (0.75-oz.) package chives
- 1 bunch basil
- 1 bunch cilantro

Dairy, Milk & Eggs

- 1 (8-oz.) carton low-fat plain yogurt
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (8-oz.) package fresh mozzarella cheese
- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 3 sticks unsalted butter
- 2 large eggs

Meat, Poultry & Seafood

- 1 lb. salmon fillet
- 1¼ lbs. chicken cutlets
- 4 boneless, skinless chicken breasts
- 1 lb. lean ground beef