

THE PREP

November 21st – December 4th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Flaky sea salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Sherry vinegar
- Cider vinegar
- Maple syrup
- Maple sugar, vanilla sugar or light brown sugar
- All-purpose flour
- Whole-wheat flour
- Cornstarch
- Dijon mustard
- Mayonnaise
- Ground coriander
- Ground cumin
- Ground turmeric
- Garam masala
- Crushed red pepper
- Ground cinnamon

Grocery

- 1 (64-oz.) bottle unsweetened almond milk or your milk of choice
- 1 (6-oz.) bag chia seeds
- 1 (1-oz.) bottle almond extract
- 1 (8-oz.) package slivered almonds
- 1 (16-oz.) package refrigerated fresh linguine noodles, preferably whole-wheat
- 1 (16-oz.) box tube-shaped chickpea pasta (or regular pasta)
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (16-oz.) package frozen quartered artichoke hearts
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (3.5-oz.) jar capers
- 1 (28-oz.) can no-salt-added canned diced tomatoes
- 2 (15-oz.) cans chickpeas
- 2 (5-oz.) cans salmon, drained, flaked, skin and bones removed
- 3 (15-oz.) cans reduced-sodium chicken broth
- 1 (12-oz.) can evaporated fat-free milk
- 1 loaf rustic multigrain bread
- 1 (8-oz.) package dried cranberries
- 1 (16-oz.) container rolled oats

- 1 (16-oz.) bag chopped nuts, such as walnuts
- 1 (16-oz.) bag frozen riced cauliflower
- 1 (750-mL.) bottle gin
- 1 (750-mL.) bottle Campari
- 1 (375-mL.) bottle sweet vermouth
- 1 (750-mL.) bottle red wine

Produce

- 3 lemons
- 1 medium orange
- 1 pint blueberries
- 12 medium apples
- 2 heads garlic
- 1 (2-in.) piece ginger
- 6 medium yellow onions
- 2 large onions
- 1 medium shallot
- 1 (5-oz.) container mixed greens
- 1 (5-oz.) container baby spinach
- 1 medium serrano pepper
- 2 medium avocados
- 1 bunch celery
- 2½ pounds fresh green beans (or frozen)
- 1 (10-oz.) package sliced mushrooms
- 3 pounds baking potatoes (about 8 potatoes)
- 1 bunch cilantro
- 1 bunch chives
- 1 bunch parsley
- 1 bunch thyme
- 1 bunch rosemary
- 1 bunch sage

Dairy, Milk & Eggs

- 1 (5-oz.) container nonfat plain Greek yogurt
- 1 (16-oz.) container mascarpone cheese
- 1 (16-oz.) container sour cream
- 1 (8-oz.) bottle buttermilk
- 1 stick butter

Meat, Poultry & Seafood

- 1 lb. peeled and deveined large shrimp
- 1 (10- to 12-lb.) turkey