

THE PREP

December 5th – December 11th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Flaky sea salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cooking spray
- Light brown sugar
- White-wine vinegar or red-wine vinegar
- Dijon mustard
- Italian seasoning
- Curry powder
- Cayenne pepper
- Garam masala
- Dried oregano
- Ground cumin
- Ground coriander
- White pepper
- Ground cinnamon
- Vanilla extract

Grocery

- 1 (16-in.) baguette
- 1 (6-ct.) package pita bread
- 1 (8-ct.) package (6-in.) corn tortillas
- 1 (1-lb.) box whole-wheat spaghetti
- 1 (1-lb.) bag bulgur
- 1 (1-lb.) box orzo pasta
- 1 (32-oz.) package old-fashioned rolled oats
- 1 (15-oz.) can pinto beans
- 1 (15-oz.) can low-sodium chickpeas
- 2 (15-oz.) cans no-salt-added white beans
- 2 (4-oz.) cans green chiles, mild or hot
- 1 (16-oz.) bottle salsa verde
- 1 (16-oz.) jar pickled jalapeños
- 1 (28-oz.) can crushed tomatoes
- 1 (14-oz.) can no-salt-added diced tomatoes
- 1 (32-oz.) container reduced-sodium chicken broth
- 1 (8-oz.) bottle fresh orange juice
- 1 (5-oz.) container fresh salsa
- 1 (1-lb.) bag frozen peas
- 1 qt. apple cider
- 1 (750-mL) bottle vodka
- 1 (1-L) bottle ginger ale

Produce

- 2 heads garlic
- 1 medium yellow onion
- 3 large onions
- 1 large carrot
- 1 bunch celery
- 1 (5-oz.) container mixed greens
- 1 ripe avocado
- 1 medium yellow squash
- 3 medium zucchini
- 1 lb. fresh asparagus
- 1 lb. Yukon Gold potatoes
- 4 medium russet potatoes
- 2 lemons
- 1 bunch parsley
- 1 bunch cilantro
- 1 (0.75-oz.) container basil
- 1 (0.75-oz.) container chives
- 1 (0.75-oz.) container thyme

Dairy, Milk & Eggs

- 1 (5-oz.) container grated Parmesan cheese
- 1 stick butter
- 1 (8-oz.) package shredded Monterey Jack cheese
- 1 qt. unsweetened nondairy milk, such as almond or coconut

Meat, Poultry & Seafood

- 1 medium cooked chicken breast (from the deli section)
- 1 medium cooked chicken thigh (from the deli section)
- 1 lb. lean ground beef
- 1 lb. 93%-lean ground turkey
- 1 lb. center-cut salmon fillet