

THE PREP

December 12th – December 18th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Flaky sea salt
- Pepper
- Extra-virgin olive oil
- Red-wine vinegar
- Canola oil
- Italian seasoning
- Paprika
- Ground cumin
- Garlic powder

Grocery

- 1 (5-oz.) tub fresh pesto
- 1 (5-oz.) tub pico de gallo
- 1 (7-oz.) jar roasted red peppers
- 1 (7-oz.) jar pitted kalamata olives
- 1 (8-oz.) package slivered almonds
- 1 (8-oz.) package cooked quinoa
- 1 (8-oz.) package cooked brown rice
- 1 (15-oz.) can no-salt-added diced tomatoes
- 2 (15-oz.) cans chickpeas
- 1 (15-oz.) can white beans
- 1 (15-oz.) can vegetable broth
- 1 (16-oz.) jar coconut curry simmer sauce
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli
- 1 (8-ct.) package (6-in.) corn tortillas
- 1 (9-oz.) package dried pitted dates
- 1 (30-oz.) container rolled oats
- 1 (16-oz.) jar creamy peanut butter

- 1 (16-oz.) bag dark chocolate (70% cacao)
- 4 candy canes
- 1 packet hot chocolate
- 1 (750-mL.) bottle Bailey's Irish Cream
- 1 (750-mL.) bottle Chambord
- 1 (750-mL.) bottle dry white wine

Dairy, Milk & Eggs

- 1 head garlic
- 2 medium onions
- 1 medium red onion
- 2 medium zucchinis
- 1 medium cucumber
- 1 medium head red cabbage
- 2 medium avocado
- 1 medium bell pepper
- 1 pt. grape tomatoes
- 1 lime
- 1 (10-oz.) package baby spinach
- 1 (5-oz.) package mixed greens
- 1 bunch basil
- 1 (0.75-oz.) package parsley
- 1 (0.75-oz.) package cilantro

Dairy, Milk & Eggs

- 1 (5-oz.) container crumbled feta cheese
- 1 (8-oz.) package cream cheese

Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. peeled, deveined large shrimp