

# THE PREP

## Christmas 2020 Shopping List

### Pantry Staples

- Salt
- Kosher salt
- Ground pepper
- Extra-virgin olive oil
- Vegetable oil
- Balsamic vinegar
- Worcestershire sauce
- Dijon mustard
- All-purpose flour
- White whole-wheat flour
- Cornstarch
- Peppermint extract
- Ground cinnamon
- Garlic powder
- Crushed red pepper
- Ground cumin
- Paprika
- Dried thyme
- Cayenne pepper

### Grocery

- 2 slices whole-wheat sandwich bread
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (6-oz.) jar prepared horseradish
- 1 (14-oz.) bottle pomegranate molasses
- 1 (2-oz.) bag chopped walnuts
- 1 (2-oz.) bag chopped pecans
- 1 (12-oz.) bag dried cranberries
- 1 (16-oz.) bag bittersweet chocolate chips (60% cacao)
- 1 candy cane

### Produce

- 2 heads garlic
- 3 medium onions
- 4 medium shallots
- 1 bunch celery
- 3 medium carrots
- 2 (14-oz.) packages cubed butternut squash
- 1 (5-oz.) container baby arugula
- 2 pounds broccoli florets
- 1 pound Brussels sprouts
- 4 lbs. Yukon Gold potatoes
- 4 lemons
- 1 (0.75-oz.) container fresh rosemary

### Dairy, Milk & Eggs

- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) package shredded Colby Jack cheese
- 1 burrata ball (3 ¾ oz.)
- 1 (8-oz.) bottle buttermilk
- 3 sticks unsalted butter
- 1 (32-oz.) tub nonfat plain Greek yogurt

### Meat, Poultry & Seafood

- 1 (5-lb.) whole chicken
- 3 pounds boneless beef eye of round roast