

THE PREP

JANUARY 2ND - JANUARY 8TH SHOPPING LIST

PANTRY STAPLES

- Extra-virgin olive oil
- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Whole-grain mustard
- Mayonnaise
- Reduced-sodium soy sauce
- Bay leaves
- Ground cumin
- Paprika
- Cayenne pepper
- Italian seasoning
- Garlic powder
- Dried oregano
- Granulated sugar
- Cornstarch

GROCERY

- 1 (2-oz.) package pine nuts
- 1 (16-oz.) jar almond, cashew or pistachio butter
- 4 (8-oz.) packages cooked brown rice
- 2 (8-oz.) packages cooked quinoa
- 3 (15-oz.) cans chickpeas
- 1 (15-oz.) can pinto beans
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (6-oz.) can tomato paste
- 2 (15-oz.) cans unsalted chicken broth
- 1 (14-oz.) can artichoke hearts
- 1 (8-oz.) jar pitted oil-cured olives
- 1 (16-oz.) package thin rice noodles or rice sticks

- 1 (6-oz.) bottle chili-bean sauce or chile-garlic sauce
- 1 (2-oz.) bar bittersweet chocolate
- 1 (4-oz.) bottle Jamaican jerk seasoning
- 1 (6-oz.) can chipotle peppers in adobo sauce
- 1 (8-oz.) container prepared pico de gallo
- 1 (8-oz.) container tzatziki
- 1 (16-oz.) package frozen spinach

PRODUCE

- 2 heads garlic
- 1 (3-in.) piece ginger
- 1 large yellow onion
- 2 medium red onions
- 1 jalapeño pepper
- 1 (12-oz.) bag pretrimmed haricots verts or thin green beans
- 1 head romaine lettuce
- 1 medium cucumber
- 1 pint cherry tomatoes
- 1 (2 1/2- to 3-lb.) spaghetti squash
- 1 bunch broccolini
- 1 head bok choy
- 2 medium red bell peppers
- 1 ripe avocado
- 1 container peeled and cored pineapple
- 2 lemons
- 1 lime
- 1 (0.75-oz.) container mint
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch scallions

DAIRY, MILK & EGGS

- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (8-oz.) package shredded Cheddar or Monterey Jack cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (5-oz.) container shredded Parmesan cheese

MEAT, POULTRY & SEAFOOD

- 2 lbs. bone-in chicken thighs
- 1 lb. boneless, skinless chicken breast
- 1 lb. ground pork
- 1 lb. 93%-lean ground turkey
- 1 ¼ lbs. wild salmon
- 1 ½ lbs. fresh or frozen peeled, deveined large shrimp