

THE PREP

January 16th - 22nd, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Olive oil or avocado oil cooking spray
- White-wine vinegar
- Mayonnaise
- Dijon mustard
- Crushed red pepper
- Ground nutmeg
- Ground white pepper
- Brown sugar
- All-purpose flour
- Cornstarch

Grocery

- 1 loaf whole-grain rustic bread
- 1 (16-oz.) box ditalini pasta or other small pasta
- 1 (8-oz.) container panko breadcrumbs
- 1 (32-oz.) container whole-wheat couscous
- 2 cooked chicken breasts (from the deli counter)
- 1 (16-oz.) bottle Greek dressing
- 1 (8-oz.) jar olives
- 1 (8-oz.) jar cornichons
- 1 (15-oz.) can chickpeas
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (32-oz.) container low-sodium vegetable broth
- 1 (15-oz.) can reduced-sodium chicken broth
- 1 (12-oz.) can fat-free evaporated milk
- 1 (11.5-oz.) bottle orange juice
- 1 (46-oz.) can pineapple juice
- 1 (16-oz.) bag frozen riced cauliflower
- 1 (16-oz.) bag frozen peas
- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle white tequila

Produce

- 2 heads garlic
- 3 shallots
- 1 medium leek
- 1 medium red onion
- 1 medium onion
- 5 limes
- 3 lemons
- 2 avocados
- 1 (1-lb.) bag carrots
- 1 (12-oz.) package cubed butternut squash
- 1 (5-oz.) container baby kale
- 1 (9-oz.) bag plus 2 (16-oz.) bags spinach
- 1 (10-oz.) container mixed greens
- 1 head romaine lettuce
- 1 medium zucchini
- 2 medium red bell peppers
- 1 bunch celery
- 1 pint cherry tomatoes
- 1 package Persian cucumbers
- 1 (0.75-oz.) package thyme
- 1 (0.75-oz.) package chives

Dairy, Milk & Eggs

- 1 (5-oz.) container non-fat plain Greek yogurt
- 2 sticks unsalted butter
- 1 (8-oz.) block Cheddar cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (5-oz.) container crumbled blue cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 dozen eggs

Meat, Poultry & Seafood

- 1¼ lbs. cod
- 12 cooked, peeled extra-large shrimp (16-20 count)
- 1 (12-oz.) package bacon
- 1 lb. boneless, skinless chicken thighs