

THE PREP

January 23rd - 30th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cooking spray
- Granulated sugar
- Honey
- Ground cumin
- Ground coriander
- Chili powder
- Hot sauce

Grocery

- 1 (18-oz.) loaf cornbread
- 1 (8-oz.) jar sun-dried tomatoes in oil
- 1 loaf whole-wheat country or sandwich bread
- 1 (16-oz.) jar pineapple salsa
- 1 (16-oz.) jar roasted red peppers
- 2 (8-oz.) packages cooked brown rice
- 1 (16-oz.) box orzo
- 1 (16-oz.) box whole-wheat penne
- 1 (8-ct.) package (6-in.) corn tortillas
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (6-oz.) can tomato paste
- 1 (7-oz.) can minced chipotle chiles in adobo sauce
- 2 (32-oz.) containers unsalted chicken broth
- 1 (15-oz.) can unsalted chicken broth
- 2 (15-oz.) cans low-sodium pinto or black beans
- 1 (14-oz.) package frozen Italian-style chicken meatballs
- 1 (750-mL) dry white wine

Produce

- 2 heads garlic
- 4 medium onions
- 3 medium shallots
- 1 medium red onion
- 3 medium carrots
- 1 bunch celery
- 1 poblano pepper or green bell pepper
- 1 head cabbage
- 2 small zucchini
- 1 pt. sliced mushrooms
- 3 medium red-skinned potatoes
- 1 (10-oz.) plus 1 (5-oz.) container baby spinach
- 1 (5-oz.) container baby spinach
- 1 (9-oz.) package coleslaw mix
- 1 medium avocado
- 1 medium apple
- 2 limes
- 5 lemons
- 2 bunches cilantro
- 1 (0.75-oz.) container fresh oregano
- 1 (0.75-oz.) container fresh parsley
- 1 (0.75-oz.) container basil

Dairy, Milk & Eggs

- 1 (10-oz.) package crumbled queso fresco
- 1 (8-oz.) block smoked Cheddar cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) bottle whole milk
- 1 (½-pt.) carton heavy cream
- 1 stick unsalted butter
- 8 large eggs

Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. salmon fillet
- 1 lb. large dry sea scallops (about 16 scallops)