

THE PREP

August 21st - August 27th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Red-wine vinegar
- Hot sauce
- Mayonnaise
- Dijon mustard
- Cayenne pepper
- Chili powder
- Honey or agave syrup
- Light brown sugar
- Vanilla extract
- Baking powder

Grocery

- 1 (1-lb.) box whole-wheat rotini or farfalle pasta
- 1 package (6-in.) corn tortillas
- 1 (8-oz.) package cooked brown rice
- 1 (18-oz.) container old-fashioned rolled oats
- 1 (10-oz.) container panko breadcrumbs
- 1 (15-oz.) can low-sodium vegetable broth or chicken broth
- 1 (15-oz.) can low-sodium chicken broth
- 1 (4-oz.) can chipotle peppers in adobo
- 1 (4.5-oz.) jar unseasoned pumpkin puree
- 1 (15-oz.) can pumpkin pie spice
- 1 (16-oz.) jar pineapple salsa
- 1 (8-oz.) bag chopped pecans
- 1 (10-oz.) package frozen broccoli florets
- 1 (½-gal.) apple cider
- 1 (750-mL.) bottle bourbon
- 1 (8-oz.) bottle caramel sauce

Produce

- 1 head garlic
- 2 small shallots
- 1 medium jalapeno
- 1 (5-oz.) container baby arugula
- 1 (9-oz.) package coleslaw mix
- 1 head cabbage
- 1 pint grape tomatoes
- 1 bunch radishes
- 1 medium avocado
- 2 small tangerines
- 1 medium blood orange
- 4 lemons
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch scallion
- 1 (0.75-oz.) container tarragon

Dairy, Milk & Eggs

- 1 quart reduced-fat milk
- 1 (½-pt.) heavy cream
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (8-oz.) container sour cream
- 3 large eggs

Meat, Poultry & Seafood

- 1 (1-lb.) flank steak
- 1 lb. chicken cutlets
- 1 lb. white fish, such as cod
- 1 (1-lb.) salmon fillet
- 12-oz. jumbo lump crabmeat