

THE PREP

September 4th - September 10th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Olive oil
- Canola oil
- Cooking spray
- Sherry vinegar
- All-purpose flour
- Light brown sugar
- Granulated sugar
- Confectioners' sugar
- White whole-wheat flour
- Baking soda
- Baking powder
- Vanilla extract
- Ground coriander
- Ground cumin
- Ground cinnamon
- Ground turmeric
- Cayenne pepper
- Garlic powder
- Crushed red pepper

Grocery

- 1 package (6-in.) corn tortillas
- 1 (1-lb.) package whole-wheat orzo
- 1 (1-lb.) package whole-wheat fettuccine
- 1 (16-oz.) package uncooked whole-wheat egg noodles
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (32-oz.) container low-sodium vegetable broth
- 2 (15-oz.) containers low-sodium chicken broth
- 1 (32-oz.) container unsalted chicken broth
- 1 (15-oz.) can coconut milk
- 1 (16-oz.) jar salsa verde
- 1 (18-oz.) container old-fashioned rolled oats
- 1 (2-oz.) package chopped pecans
- 1 (16-oz.) package frozen green peas
- 1 (10-oz.) package frozen artichoke hearts
- 1 (16-oz.) bottle plain seltzer
- 2 (12-oz.) bottles hard apple cider
- 1 (750-mL.) bottle Calvados or other apple brandy

Produce

- 1 head garlic
- 1 (2-in.) piece ginger
- 1 fresh red chile pepper, such as serrano or jalapeño
- 1 large onion
- 2 large yellow onions
- 1 small head cauliflower
- 4 medium carrots
- 1 bunch celery
- 1 medium zucchini
- 1 medium yellow squash
- 1 (2 ½- to 3-lb.) spaghetti squash
- 2 medium russet potatoes
- 3 medium sweet potatoes
- 2 (16-oz.) packages sliced mushrooms
- 2 (5-oz.) containers baby spinach
- 1 (16-oz.) package Brussels sprouts
- 3 medium Granny Smith apples
- 1 firm ripe plum
- 2 limes
- 1 bunch cilantro
- 1 bunch basil (optional)

Dairy, Milk & Eggs

- 1 (8-oz.) package shredded Monterey Jack cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container finely shredded Asiago cheese
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (32-oz.) container plain whole-milk Greek yogurt
- 1 (½-gal.) whole milk
- 1 (½-gal.) low-fat milk
- 1 (½-pt.) heavy cream
- 3 sticks unsalted butter
- 3 large eggs

Meat, Poultry & Seafood

- 1¼ pounds center-cut salmon
- 2 rotisserie chickens