

# THE PREP

September 11th - September 17th, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Olive oil
- Canola oil
- Sesame oil
- 2 teaspoons ground ginger
- 1 tablespoon honey
- 2 teaspoons cornstarch
- 1 tablespoon Italian seasoning
- 5 tablespoons cider vinegar
- 1 tablespoon maple syrup
- 1 teaspoon whole-grain mustard
- 1 teaspoon ground cumin

## Grocery

- 1 (16-in.) baguette
- 1 package (4-inch) whole-wheat pita
- 1 (8-oz.) packaged cooked brown rice
- 1 (1-lb.) box whole-wheat spaghetti
- 1 (14-oz.) can quartered artichoke hearts
- 1 (28-oz.) can crushed tomatoes
- 2 (15-oz.) cans no-salt-added great northern beans
- 1 (32-oz.) container unsalted chicken stock
- 1 (32-oz.) container low-sodium vegetable broth
- 1 (4-oz.) can chopped green chiles
- 1 (16-oz.) jar smooth natural peanut butter
- 1 (15-oz.) can light coconut milk
- 1 (8-oz.) package prepared spiced crispy chickpeas
- 1 (6-oz.) container chili-garlic sauce
- 1 (8-oz.) bottle reduced-sodium tamari
- 1 (16-oz.) bag frozen pitted sweet cherries
- 1 (16-oz.) bag frozen pitted tart cherries
- 2 (16-oz.) bags frozen riced cauliflower
- 1 (32-oz.) container unsweetened almond milk

- 1 gal. bottle apple cider
- 1 (750-mL.) bottle apple brandy
- 1 (4-oz.) jar sesame seeds
- 8 whole cloves
- 8 whole allspice berries
- 8 cardamom seeds
- 8 cinnamon sticks

## Produce

- 2 heads garlic
- 2 medium, plus 1 large onion
- 1 (2-in.) piece ginger
- 2 (5-oz.) packages baby spinach
- 1 (5-oz.) package arugula
- 1 (16-oz.) package diced peeled butternut squash
- 1 head red cabbage
- 4 medium red bell peppers
- 1 large carrot
- 1 bunch celery
- 1 bunch cilantro
- 1 bunch scallions
- 1 bunch parsley
- 1 apple
- 3 ripe bananas

## Dairy, Milk & Eggs

- 2 (5-oz.) containers low-fat plain Greek yogurt
- 1 (8-oz.) package shredded part-skim mozzarella
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) block reduced-fat cream cheese

## Meat, Poultry & Seafood

- 1 lb. boneless, skinless chicken breasts
- 1 lb. boneless, skinless chicken thighs
- 1 lb. lean ground beef
- 1 lb. peeled, deveined raw shrimp (21-25 count)
- 1¼ lb. salmon fillet, skinned