

# THE PREP

September 18th - September 24th, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Olive oil
- Canola oil
- Sesame oil
- Reduced-sodium soy sauce
- Red-wine vinegar
- Rice vinegar
- Dijon mustard
- Ketchup (preferably no-salt-added)
- Honey
- Brown sugar
- Baking powder
- Ground cinnamon
- Vanilla extract
- Dried oregano
- Crushed red pepper
- Garlic powder

## Grocery

- 4 (8-oz.) packages cooked brown rice
- 1 (16-oz.) package whole-wheat fettuccine
- 1 (16-oz.) package whole-wheat orzo
- 1 (15-oz.) can chickpeas
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (16-oz.) jar coconut curry simmer sauce
- 1 (15-oz.) can vegetable broth
- 1 (32-oz.) container, plus 1 (15-oz.) can unsalted chicken broth
- 1 (8-oz.) jar oil-packed sun-dried tomatoes
- 1 (24-oz.) package frozen or refrigerated cheese ravioli
- 1 (16-oz.) bag riced cauliflower
- 1 (14-oz.) package frozen chicken meatballs
- 1 (8-oz.) package toasted chopped pecans
- 1 (18-oz.) container rolled oats

- 1 (8-oz.) container unsweetened cocoa powder
- 1 (8-oz.) bottle pineapple juice
- 1 (750-mL.) bottle white wine
- 1 (750-mL.) bottle kahlua

## Produce

- 1 head garlic
- 3 medium shallots
- 2 medium onions
- 2 medium carrots
- 1 bunch celery
- 3 medium red bell peppers
- 1 medium zucchini
- 1 head broccoli
- 1 (5-oz.) container mixed greens
- 2 (5-oz.) containers spinach
- 1 (5-oz.) container arugula
- 3 lemons
- 2 ripe bananas
- 1 (0.75-oz.) container parsley
- 1 (0.75-oz.) container oregano
- 1 bunch basil
- 1 bunch scallions

## Dairy, Milk & Eggs

- 1 qt. 1% milk
- 1 (½-pt.) heavy cream
- 1 stick unsalted butter
- 2 large eggs
- 1 (5-oz.) container whole-milk plain yogurt
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) container small fresh mozzarella balls

## Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. boneless, skinless chicken breasts
- 1 lb. lean ground beef
- 12 oz. peeled and deveined raw shrimp (21-25 count)