

THE PREP

October 2nd - October 8th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil or grapeseed oil
- Paprika
- Italian seasoning
- Herbes de Provence
- Chili powder
- Ground cumin
- Ground turmeric
- Cayenne pepper
- Ground nutmeg
- Ground ginger
- Ground cinnamon
- 1 cinnamon stick
- 5 whole cloves
- Vanilla extract
- Light brown sugar
- All-purpose flour
- Baking soda
- Baking powder

Grocery

- 1 loaf whole-wheat country bread
- 1 (18-oz.) container old-fashioned rolled oats
- 1 (1-lb.) package whole-wheat elbow macaroni
- 1 (1-lb.) package whole-wheat orzo
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (32-oz.) container low-sodium chicken broth
- 2 (15-oz.) containers low-sodium no-chicken broth or chicken broth
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (8-oz.) can no-salt-added tomato sauce
- 1 (15-oz.) can unseasoned pumpkin puree
- 1 (15-oz.) can light coconut milk
- 1 (16-oz.) jar unsweetened almond butter
- 1 (8.8-oz.) pouch pre-cooked microwaveable whole-grain brown rice
- 1 (10-oz.) jar quartered black or green olives
- 1 (1-lb.) bag oat flour
- 1 (8-oz.) bag raisins
- 1 (16-oz.) container prepared pico de gallo or salsa
- 1 (16-oz.) bag frozen corn

- 1 (750-mL.) bottle white wine
- 1 (½-gal.) apple cider
- 1 (750-mL.) bottle apple brandy
- 1 (750-mL.) bottle cinnamon schnapps (or smaller)

Produce

- 1 head garlic
- 1 (2-in.) piece ginger
- 4 medium onions
- 1 medium yellow onion
- 1 medium red bell pepper
- 3 medium tomatoes
- 1 lb. fresh asparagus
- 1 head romaine lettuce
- 2 (8-oz.) packages sliced fresh button mushrooms
- 2 medium Yukon Gold potatoes (or about 8 oz.)
- 1 2 ½- to 3-pound spaghetti squash
- 2 (16-oz.) containers cubed peeled butternut squash
- 1 avocado
- 1 small apple
- 1 medium lemon
- 1 medium lime
- 1 (0.75-oz.) container fresh tarragon
- 1 (0.75-oz.) container thyme
- 1 (0.75-oz.) container parsley

Dairy, Milk & Eggs

- 1 (¼-pt.) half-and-half
- 1 qt. whole milk
- 1 (5-oz.) container finely grated Parmesan cheese
- 1 (8-oz.) package shredded Mexican cheese blend
- 1 (8-oz.) package shredded smoked Gouda or Cheddar cheese
- 1 (8-oz.) block Cheddar cheese
- 1 stick butter
- 1 egg

Meat, Poultry & Seafood

- 2 cups chopped cooked chicken breast (from 1 rotisserie chicken)
- 1 lb. boneless, skinless chicken breasts
- 1 lb. ground turkey
- 1 lb. lean ground beef
- 3 slices center-cut bacon