

# THE PREP

October 9th - October 15th, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cooking spray
- Apple cider vinegar
- No-salt-added ketchup
- Lower-sodium Worcestershire sauce
- Dried Italian seasoning
- Ground cumin
- Ground cinnamon
- Ground allspice
- Ground nutmeg
- Ground cloves
- Rolled oats
- White whole-wheat flour
- Baking powder
- Baking soda
- Light brown sugar
- Granulated sugar

## Grocery

- 2 packages (8-ct.) whole-wheat slider buns
- 1 (16-oz.) bag brown rice
- 1 (16-oz.) package ziti or penne pasta
- 1 (16-oz.) bag dried cannellini beans
- 3 (15-oz.) cans black beans
- 1 (32-oz.) container unsalted vegetable stock
- 1 (32-oz.) container, plus 2 (15-oz.) cans unsalted chicken broth
- 1 (15-oz.) can crushed fire-roasted tomatoes
- 1 (6-oz.) can tomato paste
- 1 (7-oz.) can chipotle chiles in adobo sauce
- 1 (15-oz.) can pumpkin
- 1 (12-oz.) can fat-free evaporated milk
- 1 (8-oz.) package pitted Medjool dates
- 1 (8-oz.) package dried apples
- 1 (4-oz.) package chopped pecans

- 1 (16-oz.) jar unsweetened almond butter
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli
- 1 (8-oz.) container pesto
- 1 (8-oz.) container hummus
- 1 (750-mL.) bottle dry white wine

## Produce

- 1 head garlic
- 2 medium yellow onions
- 4 large sweet potatoes
- 3 medium carrots
- 2 medium heads broccoli
- 1 pt. grape tomatoes
- 2 medium eggplants
- 2 medium fennel bulbs
- 1 (8-oz.) package sliced white mushrooms
- 1 (5-oz.) package baby spinach
- 1 (12-oz.) package chopped kale
- 1 (14-oz.) package shredded multicolored coleslaw mix
- 1 medium lemon
- 1 bunch basil
- 1 bunch flat-leaf parsley
- 1 (0.75-oz.) container rosemary

## Dairy, Milk & Eggs

- 3 sticks unsalted butter
- 2 large eggs
- 1 (8-oz.) bottle whole milk
- 1 (8-oz.) package shredded sharp white Cheddar cheese
- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (5-oz.) package grated Parmesan cheese
- 1 (4-oz.) Parmesan cheese rind

## Meat, Poultry & Seafood

- 2 bone-in chicken breasts (1 pound each)
- 1 (16-oz.) package (or smaller) bulk sweet Italian sausage
- 2 lbs. beef brisket