

THE PREP

October 16th - October 22nd, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Grapeseed oil
- Rice vinegar
- Lower-sodium tamari
- Dijon mustard
- Honey
- Granulated sugar
- Cornstarch
- All-purpose flour
- Crushed red pepper
- Everything bagel seasoning
- Garlic powder
- Ground coriander
- Ground cumin
- Ground turmeric
- Garam masala

Grocery

- 1 (8-oz.) package refrigerated fresh linguine noodles
- 1 (12-oz.) package uncooked tube-shaped chickpea pasta (such as Banza)
- 1 (16-oz.) box whole-wheat orzo
- 2 (8.8-oz.) packages precooked microwaveable brown rice
- 1 (18-oz.) box sweetened oat cereal flakes with raisins
- 1 (18-oz.) container quick-cooking rolled oats
- 1 (8-oz.) package dried apples
- 1 (16-oz.) jar crunchy peanut butter
- 1 (15-oz.) can low-sodium chicken broth
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (15-oz.) can no-salt-added tomato sauce
- 2 (15-oz.) cans chickpeas
- 1 (2-oz.) package toasted sesame seeds

- 1 (6-oz.) jar pitted Kalamata olives
- 1 (3-oz.) jar capers
- 2 (10-oz.) bags frozen riced cauliflower
- 1 (10-oz.) package frozen quartered artichoke hearts
- 1 (8-oz.) bottle pineapple juice
- 1 (32-oz.) bottle pink or red grapefruit juice
- 1 (750-mL) bottle gin
- 1 (4-oz.) bottle Angostura bitters (optional)

Produce

- 1 head garlic
- 1 medium yellow onion
- 1 shallot
- 1 (3-in.) piece fresh ginger
- 1 medium serrano pepper
- 1 pt. cherry tomatoes
- 1 (8-oz.) package sliced mushrooms
- 2 (5-oz.) containers baby spinach
- 1 (12-oz.) package broccoli florets
- 2 heads broccoli
- 2 lemons
- 1 bunch cilantro
- 1 bunch scallions
- 1 (0.75-oz.) package basil (optional)

Dairy, Milk & Eggs

- 8 eggs
- 1 stick butter
- ½ pint heavy cream
- 1 (5-oz.) container low-fat plain Greek yogurt
- 1 (5-oz.) container mascarpone cheese
- 1 (5-oz.) block feta cheese

Meat, Poultry & Seafood

- 1 lb. boneless, skinless chicken breasts
- 1 lb. chicken tenders
- 1¼ lbs. center-cut salmon
- 1 lb. peeled and deveined large shrimp