

THE PREP

November 13th - November 19th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- White-wine vinegar
- Red-wine vinegar
- Dijon mustard
- Honey
- All-purpose flour
- Vanilla extract
- Cinnamon
- Dried dill
- Dried mint
- Dried tarragon
- Cayenne pepper
- Ground cumin
- Garlic powder
- Dried oregano

Grocery

- 1 (16-in.) baguette
- 4 small hamburger buns, preferably whole-wheat
- 1 (8-oz.) bottle balsamic glaze
- 1 (15-oz.) can no-salt-added white beans
- 2 (5-oz.) cans wild albacore tuna packed in oil
- 1 (8-oz.) box chickpea cavatappi pasta
- 1 (8-ct.) package corn tortillas
- 1 (40-oz.) package pitted dates
- 1 (16-oz.) jar creamy sunflower seed butter
- 1 (18-oz.) container rolled oats
- 1 (16-oz.) container whole-wheat panko breadcrumbs
- 1 (8-oz.) package chopped pecans
- 1 (8-oz.) container tzatziki
- 1 (16-oz.) package unsweetened shredded coconut
- 1 (16-oz.) bag bitter-sweet chocolate pieces

- 1 (8-oz.) container unsweetened cocoa powder
- 1 (750-mL) bottle bourbon
- 1 (12-oz.) beer
- 1 (16-oz.) package frozen chopped spinach

Produce

- 1 head garlic
- 2 medium shallots
- 2 medium red onions
- 1 medium jalapeño
- 2 (10-oz.) containers mixed greens
- 4 ears corn
- 1 small tomato
- 1 large tomato
- 1 pound tomatoes (any kind)
- 1 pint cherry tomatoes
- 2 English cucumbers
- 1 package Persian cucumbers
- 2 medium avocados
- 2 medium heads broccoli
- 3 lemons
- 2 limes
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch parsley

Dairy, Milk & Eggs

- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (5-oz.) container crumbled blue cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (4-oz.) log garlic-and-herb-flavored goat cheese
- 1 (½-gal.) container fat-free milk
- 3 large eggs

Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 (16-oz.) package bacon
- 1 lb. 93%-lean ground turkey
- 12 cooked extra-large shrimp (16-20 count)
- 8 oz. tilapia fillet