

THE PREP

November 27th - December 3rd, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Flaky salt
- Pepper
- Extra-virgin olive oil
- Sesame oil
- Avocado oil
- Rice vinegar
- Dijon mustard
- Madras curry powder
- Ground allspice
- Bay leaves
- Chili powder
- Ground cumin
- Garlic powder
- Ground cinnamon
- No-salt-added Mexican-style seasoning blend
- All-purpose flour
- White whole-wheat flour
- Baking powder
- Light brown sugar
- Vanilla extract

Grocery

- 1 (16-in.) whole-wheat baguette
- 2 (32-oz.) containers, plus 1 (15-oz.) can reduced-sodium chicken broth
- 1 (32-oz.) container reduced-sodium vegetable broth
- 1 (8-oz.) package quick-cooking or instant wild rice
- 2 (15-oz.) cans unseasoned pumpkin puree
- 1 (14-oz.) can coconut milk
- 1 (8-oz.) container unsalted dry-roasted peanuts
- 1 (2-oz.) package toasted sesame seeds
- 1 (16-oz.) bag dried cannellini beans
- 1 (5-oz.) container pico de gallo
- 1 (16-oz.) jar tomatillo salsa
- 1 (16-oz.) bag tortilla chips
- 1 package (8-ct.) corn tortillas

- 1 (18-oz.) container old-fashioned rolled oats
- 1 (8-oz.) container raisins

Produce

- 1 head garlic
- 1 (5-in.) piece ginger
- 1 medium yellow onion
- 2 medium sweet onions
- 1 medium shallot
- 1 pound Yukon Gold potatoes
- 1 jalapeño pepper
- 2 medium bell peppers
- 1 bunch celery
- 2 medium carrots
- 2 (8-oz.) containers sliced mushrooms
- 2 heads broccoli
- 1 plum tomato
- 1 (10-oz.) container baby spinach
- 6 kiwis
- 2 limes
- 1 medium avocado
- 1 bunch parsley
- 1 bunch thyme
- 1 bunch rosemary
- 1 bunch scallions

Dairy, Milk & Eggs

- 1 (8-oz.) bottle reduced-fat sour cream
- 1 (8-oz.) bottle whole milk
- 1 dozen large eggs
- 1 (8-oz.) package shredded Gruyère cheese
- 2 sticks unsalted butter

Meat, Poultry & Seafood

- 3 cups shredded cooked chicken, or turkey
- 2 lbs. bone-in chicken thighs
- 1 (12-oz.) package spinach-and-feta chicken-and-turkey sausage (such as Applegate Organics)
- 1¼ lbs. center-cut salmon fillet
- 1 lb. flaky white fish fillets, such as cod, haddock or mahi mahi