

THE PREP

December 4th - December 10th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cooking spray
- Red-wine vinegar
- Dijon mustard
- Reduced-sodium soy sauce
- Baking powder
- Granulated sugar or sugar substitute
- Ground coriander
- Ground cumin
- Ground turmeric
- Garam masala
- Garlic powder
- Onion powder
- Crushed red pepper
- Fennel seeds
- Paprika

Grocery

- 1 (8-oz.) jar julienne-cut oil-packed sun-dried tomatoes
- 1 (14-oz.) can artichoke hearts
- 1 (28-oz.) can no-salt-added canned diced tomatoes with their juice
- 2 (15-oz.) cans chickpeas
- 1 (16-oz.) box whole-wheat rotini
- 2 (8-oz.) packages pre-cooked brown rice
- 2 (8-oz.) packages whole-grain naan bread or whole-wheat pita
- 1 (8-oz.) package dried quinoa
- 1 (20-oz.) bottle hoisin sauce
- 1 (8-oz.) bottle plum sauce
- 1 (8-oz.) container pesto
- 1 (16-oz.) bottle club soda or seltzer

- 1 (½-gal.) jug apple cider
- 1 (750-mL.) bottle dry white wine
- 1 (16-oz.) bag frozen riced cauliflower

Produce

- 1 head garlic
- 1 (3-in.) piece ginger
- 2 medium yellow onions
- 1 medium red onion
- 2 medium shallots
- 2 jalapeño peppers
- 1 medium serrano pepper
- 1 (5-oz.) package baby spinach
- 1 (5-oz.) package mixed greens
- 1 (10-oz.) bag pre-chopped kale or baby kale
- 4 Japanese eggplants (about 1 ½ pounds)
- 1 medium plum tomato
- 1 small head broccoli
- 2 medium lemons
- 1 bunch parsley
- 1 (0.75-oz.) container rosemary
- 1 (0.75-oz.) container basil

Dairy, Milk & Eggs

- 1 pt. heavy cream
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) bottle reduced-fat milk
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container mini mozzarella balls
- 1 (8-oz.) package shredded Cheddar cheese
- 1 large egg

Meat, Poultry & Seafood

- 2 lbs. chicken cutlets
- 12 oz. 93%-lean ground turkey