

THE PREP

December 11th - December 17th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Baking soda
- Salt-free South-west-style seasoning blend
- Garlic powder
- Dried oregano
- Ground cinnamon
- Vanilla extract

Grocery

- 1 (16-oz.) bottle green goddess yogurt dressing
- 1 (5-oz.) container tzatziki
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (15-oz.) can no-salt-added black beans
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (8-oz.) box chickpea cavatappi pasta
- 1 (8-oz.) packaged cooked quinoa
- 1 (32-oz.) carton low-sodium roasted red pepper soup
- 1 (18-oz.) container quick-cooking oats
- 1 (16-oz.) bag oat flour
- 1 (16-oz.) jar coconut oil (or unsalted butter)
- 1 (16-oz.) container dates, preferably Medjool (or raisins)
- 1 (16-oz.) bag shredded unsweetened coconut

- 1 (5- to 6-oz.) frozen cauliflower pizza crust
- 1 (16-oz.) bag frozen broccoli florets
- 1 (16-oz.) package frozen spinach

Produce

- 2 medium sweet potatoes
- 1 (10-oz.) Caesar salad kit
- 1 (10-oz.) bag shaved Brussels sprouts
- 1 (10-oz.) bag kale-and-broccoli slaw mix
- 1 (5-oz.) container baby spinach
- 1 (12-oz.) package sliced fajita vegetables (bell peppers and onions)
- 1 medium cucumber
- 1 pint cherry tomatoes
- 1 lemon
- 2 medium bananas
- 1 bunch parsley
- 1 (0.75-oz.) container chopped mint

Dairy, Milk & Eggs

- 1 (4-oz.) package garlic-and-herb-flavored goat cheese
- 1 (5-oz.) container non-fat plain Greek yogurt
- 1 (5-oz.) container crumbled feta cheese
- 2 large eggs

Meat, Poultry & Seafood

- 1 rotisserie chicken
- 1 (11-oz.) package apple-flavored pre-cooked chicken sausages
- 1 lb. 93%-lean ground turkey