

THE PREP

December 18th - December 25th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Flaky sea salt
- Pepper
- Extra-virgin olive oil
- Nonstick cooking spray
- Balsamic vinegar
- Canola oil
- Reduced-sodium soy sauce
- Dijon mustard
- Italian seasoning
- Ground coriander
- Ground cumin
- Garlic powder
- Ground cinnamon
- Ground turmeric
- Cayenne pepper
- All-purpose flour
- Maple syrup

Grocery

- 2 (9-oz.) packages pre-cooked brown rice
- 1 (16-oz.) package brown rice
- 1 lb. fresh prepared whole-wheat pizza dough
- 1 (3-oz.) container crispy fried onions
- 1 (14-oz.) can no-salt-added tomato sauce
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (32-oz.) container low-sodium vegetable broth
- 1 (14-oz.) can coconut milk
- 1 (8-oz.) container balsamic glaze
- 1 (8-oz.) container white miso
- 1 (16-oz.) package frozen hash brown potatoes
- 2 (16-oz.) packages frozen riced cauliflower
- 1 (750-mL) bottle prosecco
- 1 (750-mL) bottle gin
- 1 (750-mL) bottle white wine

Produce

- 1 head garlic
- 1 (2-in.) piece ginger
- 1 medium shallot
- 2 large onions
- 1 medium carrot
- 1 small head cauliflower
- 3 medium heads broccoli
- 1 medium zucchini
- 1 fresh red chile pepper, such as serrano or jalapeño
- 3 medium russet potatoes
- 3 medium sweet potatoes
- 2 pints baby heirloom tomatoes
- 1 (10-oz.) container mixed greens
- 2 bunches kale
- 4 limes
- 3 lemons
- 4 blood oranges
- 1 (0.75-oz.) container cilantro
- 1 (0.75-oz.) container chives
- 1 bunch basil

Dairy, Milk & Eggs

- ½ gallon reduced-fat milk
- 1 (8-oz.) package shredded reduced-fat sharp Cheddar cheese
- 1 (8-oz.) ball fresh mozzarella cheese
- 1 (5-oz.) container grated Parmesan cheese
- 8 eggs

Meat, Poultry & Seafood

- 1 lb. boneless, skinless chicken breasts
- 1 lb. chicken cutlets
- 1 (2½-lb.) skin-on salmon fillet
- 6 oz. thinly sliced, lower-sodium cooked honey ham