

THE PREP

December 25th - December 31st, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Flaky sea salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Balsamic vinegar
- Worcestershire sauce
- Ground coriander
- Ground cumin
- Ground turmeric
- Garam masala
- Garlic powder
- Brown sugar
- Baking powder
- Ground cinnamon
- Vanilla extract

Grocery

- 1 (16-in.) whole-wheat baguette
- 2 (8-oz.) packages cooked brown rice
- 1 (16-oz.) package whole-wheat fettuccine or linguine
- 1 (16-oz.) container whole-wheat orzo
- 1 (16-oz.) box whole-wheat rotini
- 1 (18-oz.) container oats
- 1 (6-oz.) package chopped toasted pecans
- 1 (2-oz.) package chopped roasted unsalted pistachios
- 1 (8-oz.) container pesto
- 2 (32-oz.) containers, plus 1 (15-oz.) can unsalted chicken broth
- 1 (28-oz.) can no-salt-added diced tomatoes
- 2 (15-oz.) cans chickpeas
- 1 (15-oz.) can artichoke hearts
- 1 (8-oz.) jar oil-packed sun-dried tomatoes
- 1 (4-oz.) bottle elderberry syrup

- 1 (16-oz.) bottle sparkling water
- 1 (750-mL) bottle dry white wine
- 1 (16-oz.) bag frozen riced cauliflower
- 1 (16-oz.) package frozen cooked chicken meatballs

Produce

- 2 heads garlic
- 3 shallots
- 1 medium red onion
- 3 medium yellow onions
- 1 medium serrano pepper
- 1 (2-in.) piece ginger
- 2 (16-oz.) packages spiralized zucchini noodles
- 1 medium plum tomato
- 1 medium carrot
- 1 bunch celery
- 2 (10-oz.) containers baby spinach
- 4 (8-oz.) packages sliced cremini mushrooms
- 1 bunch basil
- 1 (0.75-oz.) container parsley
- 1 (0.75-oz.) container oregano
- 2 ripe bananas
- 1 pint fresh blueberries
- 5 oranges
- 4 lemons

Dairy, Milk & Eggs

- 1 qt. reduced-fat milk
- 1 pt. heavy cream
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (5-oz.) container grated Parmesan cheese
- 2 large eggs

Meat, Poultry & Seafood

- 2 lbs. chicken cutlets
- 1¼ lbs. center-cut salmon, cut into 4 portions