

THE PREP

January 1st - January 7th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Toasted sesame oil
- Cider vinegar
- Dijon mustard
- Lower-sodium soy sauce
- Asian chile-garlic sauce (or other hot sauce)
- Granulated sugar
- Maple syrup
- Cornstarch
- Crushed red pepper
- Garlic powder
- Dried oregano

Grocery

- 1 (16-oz.) baguette
- 1 (16-oz.) bottle ginger syrup
- 1 (16-oz.) bottle white balsamic vinegar
- 1 (5-oz.) container pepitas
- 1 (5-oz.) container sunflower seeds
- 1 (2-oz.) package sesame seeds
- 1 (2-oz.) package pine nuts
- 1 (16-oz.) jar tahini
- 1 (8-oz.) container tzatziki
- 1 (16-oz.) bag whole-wheat couscous
- 1 (8-oz.) package cooked quinoa
- 2 (8-oz.) packages cooked brown rice
- 1 (8-oz.) package panko breadcrumbs
- 1 (16-oz.) bag frozen riced cauliflower
- 1 (16-oz.) package frozen chopped spinach
- 1 (16-oz.) bottle nonalcoholic ginger beer
- 1 (750-mL) bottle dry white wine

Produce

- 2 heads garlic
- 1 (2-in.) piece ginger
- 2 medium red onions
- 2 medium shallots
- 2 (16-oz.) packages spiralized zucchini
- 2 medium heads broccoli
- 2 bunches kale
- 1 (1-lb.) bag spinach
- 1 (5-oz.) package arugula
- 1 medium cucumber
- 1 pint cherry tomatoes
- 2 medium yellow bell peppers
- 1 bunch radishes
- 1 cup sugar snap peas
- 1 ripe pear
- 6 lemons
- 2 limes
- 1 (0.75-oz.) package dill
- 1 (0.75-oz.) package parsley
- 1 bunch mint
- 1 bunch basil
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch parsley

Dairy, Milk & Eggs

- 1 stick unsalted butter
- 1 (5-oz.) container grated Parmesan cheese
- 1 (5-oz.) container whole-milk plain Greek yogurt
- 2 (5-oz.) containers crumbled feta cheese
- 1 (8-oz.) container crème fraîche or sour cream
- 1 (8-oz.) bottle buttermilk

Meat, Poultry & Seafood

- 4 (6-oz.) boneless, skinless chicken breasts
- 1 lb. boneless, skinless chicken breast
- 1 lb. 93%-lean ground turkey
- 1 lb. shrimp (21-30 count)
- 1 lb. salmon, preferably wild
- 1 lb. lean flank steak