

THE PREP

January 22nd - January 27th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- All-purpose flour
- Dried oregano
- Garlic powder
- Sweet paprika
- Crushed red pepper
- Ground cumin
- Ground coriander
- Ground turmeric
- Dried marjoram

Grocery

- 1 (12-oz.) bag egg noodles
- 1 (15-oz.) can low-sodium chicken broth
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (32-oz.) carton vegetable broth
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (15-oz.) can cannellini beans or great northern beans
- 1 (4-oz.) jar red curry paste
- 1 (15-oz.) can light coconut milk
- 2 (8-oz.) packets precooked brown rice
- 1 (16-oz.) box whole-wheat rotini or rigatoni
- 1 (24-oz.) package frozen or refrigerated cheese ravioli
- 1 (14-oz.) bag frozen mango chunks
- 1 (14-oz.) bag frozen sliced strawberries

Produce

- 1 head garlic
- 4 large onions
- 1 (4-in.) piece ginger
- 8 ounces Brussels sprouts
- 1 medium head cauliflower
- 1 head cabbage
- 1 (16-oz.) package baby spinach
- 1 (8-oz.) package white mushrooms
- 2 large eggplants (about 1 pound each)
- 3 medium plum tomatoes
- 3 medium carrots
- 1 medium zucchini
- 1 head broccoli
- 1 bunch scallions
- 5 limes
- 1 bunch basil
- 1 bunch cilantro
- 1 (0.75-oz.) bunch parsley

Dairy, Milk & Eggs

- 1 stick butter
- ½ gallon reduced-fat milk
- 2 (8-oz.) bags shredded sharp Cheddar cheese
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (8-oz.) package fresh mozzarella balls
- 1 (8-oz.) tub sour cream
- 8 large eggs

Meat, Poultry & Seafood

- 1 pound lean ground beef
- 1 pound chicken cutlets
- 1 large boneless, skinless chicken breast (about 8 ounces)
- 1 (16-oz.) package bacon