

# THE PREP

January 8th - January 14th, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Dijon mustard
- Mayonnaise
- Honey
- Ground cinnamon
- Cinnamon sticks (optional)
- Ground nutmeg
- Garlic powder
- Onion powder
- Everything bagel seasoning
- Ground cumin
- Dried thyme
- Smoked paprika

## Grocery

- 1 loaf whole-wheat bread
- 1 (32-oz.) container whole-wheat couscous
- 1 (32-oz.) container whole-wheat orzo
- 2 (8-oz.) packages cooked brown rice
- 1 (32-oz.) container low-sodium chicken broth
- 1 (15-oz.) can low-sodium chicken broth
- 2 (15-oz.) cans no-salt-added cannellini beans
- 1 (14-oz.) can coconut milk
- 1 (4-oz.) container yellow, red or green curry paste
- 1 (16-oz.) package frozen chopped onion
- 1 (12-oz.) cans ginger beer
- 1 (1/2-gal.) apple cider

## Produce

- 1 bunch kale
- 1 (5-oz.) container baby spinach
- 1 (5-oz.) container mixed salad greens
- 2 (12-oz.) packages broccoli florets
- 2 medium tomatoes
- 1 medium cucumber
- 1 pint cherry tomatoes
- 8 oz. sliced mushrooms
- 1 lb. eggplant
- 1 medium avocado
- 1 lemons
- 5 limes
- 1 medium apple (optional)
- 1 bunch scallions
- 1 bunch basil
- 1 (0.75-oz.) package chives

## Dairy, Milk & Eggs

- 1 (8-oz.) bottle reduced-fat milk
- 1 (1/2-pt.) carton heavy cream
- 1 (5-oz.) container low-fat plain Greek yogurt
- 1 (8-oz.) package shredded Cheddar cheese
- 8 large eggs

## Meat, Poultry & Seafood

- 1 1/4 lbs. center-cut salmon
- 1 lb. chicken tenders
- 1 (12-oz.) package kielbasa
- 1 1/4 lbs. cod
- 1 lb. peeled and deveined shrimp (16-20 count)
- 1 (14-oz.) package boneless ham steak