

# THE PREP

January 29th - February 4th, 2022 Shopping List

## Pantry Staples

- Pantry Staples
- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Cooking spray
- Honey
- Garlic powder
- Chili powder
- Ground white pepper
- Ground nutmeg
- Cinnamon
- Hot sauce

## Grocery

- 1 (18-oz.) loaf cornbread
- 1 (8-oz.) jar sun-dried tomatoes in oil
- 1 loaf whole-wheat country or sandwich bread
- 1 (16-oz.) jar pineapple salsa
- 1 (16-oz.) jar roasted red peppers
- 1 (16-oz.) jar unsweetened almond butter
- 1 (14-oz.) can artichoke hearts
- 1 (18-oz.) container rolled oats
- 1 (16-oz.) box orzo
- 1 (16-oz.) box whole-wheat penne
- 1 (16-oz.) box whole-wheat rotini
- 1 (8-ct.) package (6-in.) corn tortillas
- 1 (32-oz.) containers unsalted chicken broth
- 2 (15-oz.) cans unsalted chicken broth
- 1 (12-oz.) can fat-free evaporated milk
- 1 (8-oz.) bag pitted Medjool dates
- 1 (8-oz.) bag chopped dried apples

- 1 (6-oz.) bag chopped pecans
- 1 (14-oz.) package frozen Italian-style chicken meatballs
- 1 (750-mL) bottle gin
- 1 (750-mL) dry white wine

## Produce

- 2 heads garlic
- 3 medium onions
- 2 medium shallots
- 2 medium carrots
- 1 bunch celery
- 2 (10-oz.) containers baby spinach
- 1 (9-oz.) package coleslaw mix
- 1 (12-oz.) package cubed butternut squash
- 1 medium avocado
- 1 medium apple
- 1 limes
- 4 lemons
- 1 (0.75-oz.) container fresh oregano
- 1 (0.75-oz.) container fresh thyme
- 1 (0.75-oz.) container fresh parsley
- 1 bunch cilantro

## Dairy, Milk & Eggs

- 1 (8-oz.) package Cheddar cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) block reduced-fat cream cheese
- 1 (8-oz.) bottle reduced-fat milk
- 1 (½-pt.) carton heavy cream
- 1 stick unsalted butter

## Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. salmon fillet

