

# THE PREP

August 27th - September 2nd, 2022 Shopping List

## Pantry Staples

- Unsalted butter
- Olive oil
- Kosher salt
- All-purpose flour
- Salt
- Black pepper
- Balsamic vinegar
- Dijon mustard
- Garlic powder
- Ground cinnamon
- Vanilla extract
- White whole-wheat flour
- Baking powder
- Light brown sugar

## Grocery

- 1 (8-oz.) package cooked brown rice
- 1 (14-oz.) box basmati rice
- 1 (12-oz.) package of whole-wheat egg noodles
- 1 (16-oz.) box whole-wheat rotini
- 1 (8.8-oz.) package whole-wheat couscous
- 1 (18-oz.) container old-fashioned rolled oats
- 2 (8-ct.) package corn tortillas
- 1 (32-oz.) container unsalted chicken stock
- 1 (8-oz.) can no-salt-added tomato sauce
- 2 (15-oz.) cans no-salt-added black beans
- 1 (7-oz.) can chipotle chile in adobo sauce
- 1 (4-oz.) bag chopped pecans
- 1 (4-oz.) bag hazelnuts
- 1 (12-oz.) package raisins
- 1 (4-oz.) container Kalamata olives
- 1 (8.5-oz) container maple syrup
- 1 (5-oz.) container salt-free Cajun seasoning

## Produce

- 1 head garlic
- 1 large yellow onion
- 1 medium white onion
- 1 medium red onion
- 2 medium carrots
- 1 lb. multicolored carrots
- 2 large celery stalks
- 1 small butternut squash
- 1 red bell pepper
- 1 large ripe avocado
- 1 medium Honeycrisp apple
- 2 lemons
- 1 lime
- 1 (10-oz.) container fresh baby spinach
- ½-lb fresh okra or
- 1 bunch flat-leaf parsley
- 1 bunch basil
- 1 bunch cilantro
- 1 (10-oz.) bag frozen green peas
- 1 (12-oz.) frozen fire-roasted corn
- 1 (12-oz.) frozen bell pepper medley

## Dairy, Milk & Eggs

- 1 large egg
- 2 (8-oz.) bottle whole milk
- 1 (8-oz.) package sharp cheddar cheese
- 1 (6-oz.) package crumbled feta cheese
- 1 (8-oz.) container reduced-fat sour cream

## Meat, Poultry & Seafood

- 4 (5-oz.) cod fillets
- 1 ¼ lb. large shrimp, peeled and deveined
- 2 rotisserie chickens
- 1 ½ lbs. bone-in, skinless chicken thighs
- 1 (12-oz.) package chicken sausage