

# THE PREP

September 10th - 16th, 2022 Shopping List

## Pantry Staples

- Salt
- Pepper
- Crushed red pepper
- Extra-virgin olive oil
- Canola oil
- Vegetable broth
- Low-sodium chicken broth
- Italian seasoning
- Ground cumin
- Dried thyme
- Dried rosemary
- Bay leaves
- Pumpkin pie spice
- White whole-wheat flour
- Light brown sugar
- Confectioners' sugar
- Baking powder
- Baking soda
- Vanilla extract

## Grocery

- 1 (16-oz.) box whole-wheat linguine or spaghetti
- 1 (16-oz.) box whole-wheat rotini pasta
- 1 (8-oz.) package pre-cooked brown rice or 1 (16-oz.) bag brown rice
- 2 (8-ct.) packages corn tortillas
- 1 (15-oz.) can no-salt-added fire-roasted diced tomatoes
- 1 (7-oz.) can chipotle peppers in adobo sauce
- 1 (10-oz.) can red enchilada sauce
- 1 (15-oz.) can chickpeas
- 1 (15-oz.) jar coconut curry sauce
- 1 (15-oz.) can unseasoned pumpkin puree
- 1 (2-oz.) jar instant espresso powder

## Produce

- 2 heads garlic
- 3 medium white onions
- 1 medium yellow onion
- 1 red bell pepper
- 1 orange bell pepper
- 1 medium zucchini
- 2 lemons
- 1 (5-oz.) package baby spinach
- 1 (16-oz.) package spinach
- 2 (8-oz.) packages sliced mushrooms
- 1 (15-oz.) package sliced Brussels sprouts
- 1 (1-lb.) bunch asparagus
- 1 bunch kale
- 1 bunch chives
- 1 bunch basil
- 1 bunch flat-leaf parsley

## Dairy, Milk & Eggs

- 2 large eggs
- 1 pint milk
- 1 (8-oz.) package unsalted butter
- 1 (8-oz.) container sour cream
- 1 (5-oz.) package Boursin cheese
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (16-oz.) package shredded Mexican cheese blend

## Meat, Poultry & Seafood

- 1 (1-lb.) package boneless, skinless chicken thighs
- 2 (1-lb.) packages boneless, skinless chicken breasts
- 1 pound center-cut salmon fillet
- 1 pound shrimp (21-30 count)