

THE PREP

September 17th - 23rd, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Canola oil
- Olive oil
- Sesame oil
- Cider vinegar
- Rice vinegar
- Soy sauce
- Mayonnaise
- Cornstarch
- Pure maple syrup
- Thyme
- Crushed red pepper
- Garlic powder
- Cumin

Grocery

- 3 (8-oz.) packages cooked brown rice
- 1 (1-lb.) container whole-wheat orzo
- 1 (1-lb.) package whole-wheat rotini pasta
- 1 (10-oz.) container panko breadcrumbs
- 1 (32-oz.) container reduced-sodium chicken broth, or vegetable broth
- 1 (4-oz.) can adobo sauce from chipotle peppers
- 1 (14-oz.) can artichoke hearts
- 1 (15-oz.) can white beans
- 1 (12-oz.) jar molasses
- 1 (2-oz.) package sesame seeds
- 1 (750-mL.) bottle bourbon
- 1 (8-oz.) bottle unsweetened apple juice

Produce

- 2 heads garlic
- 1 (1-in.) piece ginger
- 1 medium yellow onion
- 3 medium leeks
- 1 large red potato
- 3 medium Yukon Gold potatoes
- 1 head cabbage
- 2 medium zucchini
- 1 lb. fresh spinach
- 1 (5-oz.) package baby spinach
- 1 bunch lacinato kale
- 1 lb. green beans
- 1 lb. broccoli florets
- 1 yellow bell pepper
- 1 poblano pepper
- 2 plum tomatoes
- 1 bunch radishes
- 1 bunch cilantro
- 1 bunch scallions
- 1 lime

Dairy, Milk & Eggs

- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) bottle reduced-fat milk
- 1 (8-oz.) container sour cream
- 1 wedge Parmesan cheese

Meat, Poultry & Seafood

- 1 lb. white fish, such as cod
- 1¼ lbs. wild salmon
- 1½ lbs. boneless, skinless chicken thighs
- 4 (4-oz.) boneless, skinless chicken breasts
- 1 lb. 90% lean ground beef