

THE PREP

September 24th - 30th, 2022 Shopping List

Pantry Staples

- Baking spray with flour
- Light brown sugar
- Whole-wheat pastry flour
- Baking powder
- Ground cinnamon
- Salt
- Baking soda
- Vanilla extract
- Confectioners' sugar
- Honey
- Pepper
- Extra-virgin olive oil
- Italian seasoning
- Garlic powder
- Canola oil
- Ground cumin
- Chili powder
- Whole-grain mustard
- Maple syrup
- Ground turmeric
- Kosher salt

Grocery

- 1 (15-oz.) can reduced-sodium chicken broth
- 1 (10-oz.) container gochujang
- 1 (10-oz.) bottle mirin
- 1 (10-oz.) bottle reduced-sodium tamari
- 1 (5-oz.) bottle toasted sesame oil
- 1 (2-oz.) container sesame seeds
- 1 (8-oz.) package chopped walnuts
- 1 (8-oz.) package roasted unsalted pepitas
- 1 (16-oz.) package quinoa
- 1 (16-oz.) package whole-wheat penne or fusilli pasta
- 1 (750-mL) bottle dry white wine
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (10-oz.) can mild green enchilada sauce

- 1 (3-oz.) container capers
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (15-oz.) can no-salt-added pinto beans

Produce

- 2 Gala apples
- 1 head garlic
- 1 (2-inch) piece fresh ginger
- 1 (5-oz.) package baby spinach
- 1 (8-oz.) package green beans
- 1 (12-oz.) package cauliflower florets
- 1 medium zucchini
- 1 bunch basil
- 1 bunch flat-leaf parsley
- 1 bunch cilantro
- 1 bunch scallions
- 1 medium sweet potato
- 2 medium yellow onions
- 1½ pounds rainbow carrots
- 1 (16-oz.) package spinach or white chard
- 1 lemon

Dairy, Milk & Eggs

- 1 (8-oz.) package unsalted butter
- 3 large eggs
- 1 (8-oz.) container light sour cream
- ½ pint heavy cream
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package cream cheese
- 2 (6-ct.) egg wraps with cauliflower
- 1 (10-oz.) package queso fresco

Meat, Poultry & Seafood

- 2½ pounds salmon
- 8 ounces boneless, skinless chicken breasts
- 1 pound dry sea scallops
- 4 (5-oz.) bone-in, center-cut pork chops