

THE PREP

October 1st - 7th, 2022 Shopping List

Pantry Staples

- Pepper
- Salt
- Canola oil
- Extra-virgin olive oil
- All-purpose flour
- Dry mustard
- Garlic powder
- Crushed red pepper
- Dried Italian seasoning
- Ground cinnamon
- Ground nutmeg

Grocery

- 1 (8-oz.) box whole-wheat penne
- 1 pound whole-wheat pizza dough
- 3 (9-oz.) packages precooked brown rice
- 1 (16-oz.) bag long-grain white rice
- 1 (9-oz.) bottle oyster sauce
- 1 (6-oz.) container crispy fried onions
- 1 (28-oz.) jar marinara sauce
- 1 (15-oz.) can low-sodium vegetable broth
- 1 (15-oz.) can unsalted chicken broth
- 1 (7-oz.) jar oil-packed sun-dried tomatoes
- 1 (12-oz.) jar roasted red peppers
- 1 (8-oz.) container baked tofu or smoked tofu
- ½ gallon apple cider
- 1 (750-mL) bottle dry white wine
- 4 (12-fl.oz.) cans or bottles ginger beer

Produce

- 1 head garlic
- 1 piece fresh ginger
- 2 small yellow onions
- 1 small red onion
- 2 shallots
- 1 bunch basil
- 2 bunches scallions
- 1 bunch parsley
- 1 (5-oz.) package baby spinach
- 1 (5-oz.) package spinach
- 1 (16-oz.) package mixed mushrooms
- 1 (12-oz.) package broccoli florets
- 1 (16-oz.) bag frozen or fresh green beans
- 3 medium red bell peppers
- ½ pint grape tomatoes
- 3 lemons
- 2 limes
- 1 apple

Dairy, Milk & Eggs

- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (4-oz.) package goat cheese
- 1 (8-oz.) package shredded reduced-fat sharp Cheddar cheese
- 1 (5-oz.) container grated Parmesan cheese
- ½ gallon low-fat milk
- 1 stick unsalted butter
- 1 pint heavy cream

Meat, Poultry & Seafood

- 2 pounds boneless, skinless chicken breasts
- 1 (1-lb.) package ground chicken
- 1¼ pounds salmon
- 1 (12-oz.) bag medium peeled, deveined raw shrimp