

THE PREP

October 15th - 21st, 2022 Shopping List

Pantry Staples

- Extra-virgin olive oil
- Avocado oil
- Salt
- Kosher salt
- Pepper
- Ground cumin
- Chili powder
- Dried oregano
- Fennel seeds
- Crushed red pepper
- Mayonnaise
- All-purpose flour
- Maple syrup

Grocery

- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (9-oz.) bottle Sriracha
- 2 (15-oz.) cans no-salt-added chickpeas
- 1 (15-oz.) can low-sodium chicken broth
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (14-oz.) box instant brown rice
- 1 (8-oz.) package precooked brown rice
- 1 (16-oz.) package fresh or dry tagliatelle or linguine
- 1 (5-oz.) tube tomato paste
- 1 (10-oz.) can no-salt-added diced tomatoes with green chiles
- 1 (10-ct.) package 8-inch whole-wheat tortillas
- 1 (8-ct.) package corn tortillas
- 1 (10-oz.) bottle 50%-less-sodium tamari
- 1 (10-oz.) bottle mirin
- 2 (10-ct.) package nori sheets (roasted seaweed)
- 1 (14-oz.) container spicy kimchi
- 1 (10-oz.) container guacamole
- 1 (8-oz.) package frozen spinach

- 1 (10-oz.) package frozen peas
- 1 (750-mL) bottle whiskey
- 1 (5-oz.) bottle citrus bitters

Produce

- 1 lime
- 3 lemons
- 1 head garlic
- 4 medium yellow onions
- 1 large red onion
- 1 piece fresh ginger
- 1 (9-oz.) package broccoli florets
- 3 medium red bell peppers
- 1 large green bell pepper
- 2 medium carrots
- 1 ripe avocado
- 1 cucumber
- 1 (8-oz.) package baby spinach
- 2 poblano peppers
- 1 jalapeño pepper
- 1 bunch fresh cilantro
- 1 bunch fresh parsley

Dairy, Milk & Eggs

- 4 large eggs
- 2 (5-oz.) containers nonfat plain Greek yogurt
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package shredded Mexican-blend cheese

Meat, Poultry & Seafood

- 1 (1-lb.) package boneless, skinless chicken thighs
- 1 (1-lb.) package peeled and deveined raw shrimp (21-30 count)
- 1 (1-lb.) package 93%-lean ground turkey
- 2 (4-oz.) pieces salmon, preferably wild
- 1 (12-oz.) package cooked chicken breast