

THE PREP

October 22nd - 28th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Crushed red pepper
- Ground cinnamon
- Italian seasoning
- Onion powder
- Garlic powder
- All-purpose flour
- Whole-wheat flour
- Dijon mustard
- Mayonnaise
- Sugar
- Cider vinegar
- Red-wine vinegar
- Worcestershire sauce
- Baking powder
- Baking soda
- Vanilla extract

Grocery

- 1 (8-oz.) box whole-wheat fettuccine
- 1 (8-oz.) box whole-wheat rotini
- 1 (9-oz.) package precooked brown rice
- 1 (5-lb.) package King's Arthur unbleached self-rising flour
- 1 (8-ct.) package corn tortillas
- 4 whole-wheat hamburger buns
- 1 (15-oz.) can low-sodium chicken broth
- 1 (15-oz.) can no-salt-added diced tomatoes
- 2 (5-oz.) cans salmon
- 1 (12-oz.) bottle light barbecue sauce (such as Annie's Organic)
- 1 (6-oz.) container pesto
- 1 (12-oz.) container apple butter
- 1 (5-oz.) container hot sauce (your preference)
- 1 (16-oz.) container dill pickle chips
- 1 (10-oz.) package raisins
- 1 (8-oz.) package chopped walnuts
- 1 (12-oz.) container toasted wheat germ
- 1 (750-mL) bottle dry white wine

Produce

- 1 small red onion
- 1 small white onion
- 1 head garlic
- 2 bunches fresh basil
- 1 bunch fresh parsley
- 1 bunch fresh chives
- 1 bunch fresh cilantro
- 1 (8-oz.) package baby kale
- 1 (5-oz.) package arugula
- 1 (8-oz.) package shredded coleslaw mix
- 1 (12-oz.) package spiralized zucchini
- 1 head butter lettuce
- 1 medium stalk celery
- 2 medium plum tomatoes
- 4 medium carrots
- 3 lemons
- 1 lime
- 2 avocados
- 1 apple

Dairy, Milk & Eggs

- 1 large egg
- 2 large egg whites
- 1 pint heavy cream
- 1 stick unsalted butter
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package sliced Cheddar cheese
- 2 (5-oz.) containers nonfat plain Greek yogurt
- 1 (5-oz.) container whole-milk plain yogurt

Meat, Poultry & Seafood

- 1 (1-lb.) package chicken cutlets
- 6 oz. shredded cooked chicken breast
- 1 (12-oz.) bag peeled and deveined raw shrimp (21-25 count)
- 1 (1-lb.) package 90%-lean ground beef

