

# THE PREP

October 29th - November 4th, 2022 Shopping List

## Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Crushed red pepper
- Red-wine vinegar
- Ancho chile powder
- White balsamic vinegar

## Grocery

- 1 (1-L) lemon seltzer water
- 1 (750-mL) bottle dry white wine
- 1 (28-oz.) can no-salt-added whole peeled tomatoes
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (3.5-oz.) jar capers
- 1 (12-oz.) jar roasted red peppers
- 1 (32-oz.) container unsalted chicken broth
- 1 (14-oz.) can no-salt-added white beans
- 1 (8-oz.) package chopped walnuts
- 1 (8-oz.) package pistachios
- 1 (6-oz.) package pine nuts
- 1 (16-oz.) package quinoa
- 1 (16-oz.) box whole-wheat orzo
- 1 (16-oz.) box whole-wheat penne or rotini pasta
- 1 whole-wheat baguette
- 1 (8-oz.) package pre-cooked brown rice

## Produce

- 1 firm ripe peach
- 4 lemons
- 3 mini cucumbers
- 1 medium tomato
- 1 large shallot
- 1 head garlic
- 1 medium onion
- 1 (8-oz.) package mixed mushrooms
- 1 (5-oz.) package baby arugula
- 1 bunch fresh mint
- 1 bunch fresh tarragon
- 2 bunch fresh basil
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh cilantro
- 1 bunch fresh thyme
- 1 pound green beans

## Dairy, Milk & Eggs

- ½ pint half-and-half
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package Brie cheese

## Meat, Poultry & Seafood

- 2 pounds bone-in pork chops, ½-¾ inch thick
- 2 (1-lb.) package chicken breast cutlets
- 1 ¼ pounds skin-on salmon fillets
- 1 pound raw shrimp (26-30 per pound)