

THE PREP

November 5th - 11th, 2022 Shopping List

Pantry Staples

- Salt
- Pepper
- Canola oil
- Extra-virgin olive oil
- Balsamic vinegar
- Worcestershire sauce
- Dijon mustard
- Chili powder
- Ground cumin
- Garlic powder
- Everything bagel seasoning
- Honey
- Avocado oil
- dried oregano
- Red pepper
- All-purpose flour
- Whole-wheat flour
- Granulated sugar
- Baking powder
- Vanilla extract
- Maple syrup

Grocery

- 1 pound whole-wheat pizza dough
- 1 (16-oz.) box whole-wheat fettuccine or linguine
- 1 (8-oz.) package precooked quinoa
- 1 (8-ct.) package corn tortillas
- 1 (12-oz.) jar roasted red peppers
- 1 (14-oz.) can petite diced tomatoes
- 1 (8-oz.) package roasted unsalted pistachios
- 1 (8-oz.) container fresh orange juice
- 1 container no-salt-added Mexican-style seasoning blend
- 1 (10-oz.) container pico de gallo
- 1 (750-mL) bottle dry white wine
- 1 whole-wheat baguette

Produce

- 2 lemons
- 1 head garlic
- 1 (5-oz.) package baby spinach
- 1 pound cremini mushrooms
- 1 bunch fresh basil
- 1 small shallot
- 1 pound Yukon Gold potatoes
- 1 avocado
- 1 lime
- 2 medium bell peppers, any color
- 1 (12-oz.) package broccoli florets
- 1 medium onion
- 1 small red onion
- 1 (5-oz.) package bitter greens, such as frisée, watercress, radicchio or arugula
- 2 (5-oz.) packages mild greens, such as Boston or Bibb lettuce, mesclun, baby spinach or baby romaine

Dairy, Milk & Eggs

- 2 large eggs
- ½ pint buttermilk
- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (4-oz.) container crumbled goat cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (15-oz.) container part-skim ricotta cheese
- 1 (5-oz.) container low-fat plain Greek yogurt

Meat, Poultry & Seafood

- 3 oz. chopped cooked chicken
- 1 (1-lb.) package chicken tenders
- 1¼ pound center-cut salmon fillets
- 1 pound flaky white fish fillets, such as cod, haddock or mahi mahi
- 1 (1-lb.) package raw shrimp (21-25 count), peeled and deveined