

THE PREP

November 12th - 18th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Canola oil
- Extra-virgin olive oil
- Ground cumin
- Honey
- Cayenne pepper
- Cooking spray
- Dried dill
- Ground cinnamon
- Dried rosemary

Grocery

- 1 (8-ct.) package corn tortillas
- 1 (16-oz.) box whole-wheat penne or rotini
- 1 (16-oz.) bag multicolored quinoa
- 1 (12-oz.) bag dried medium noodles
- 2 (15-oz.) cans unsalted chicken broth
- 1 (6-oz.) can solid light tuna (water-pack)
- 1 (10-oz.) can reduced-fat and reduced-sodium condensed cream of mushroom soup
- 1 (8-oz.) container salsa verde
- 1 (0.75-oz.) container herbes de Provence
- 1 (12-oz.) package frozen broccoli stir-fry vegetables
- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle pumpkin-pie flavored vodka
- 1 (750-mL) bottle Kahlúa
- 1 (750-mL) bottle pumpkin spice liqueur

Produce

- 1 (12-oz.) bag broccoli florets
- 2 large white onions
- 2 medium zucchinis
- 2 medium yellow squash
- 1 medium yellow onion
- 1 head garlic
- 1 bunch fresh cilantro
- 1 (5-oz.) package baby spinach
- 4 lemons
- 3 medium shallots
- 3 medium sweet potatoes
- 4 poblano peppers
- 1 pound Yukon Gold or red potatoes
- 1½ pounds mixed mushrooms
- 1 bunch fresh thyme
- 1 bunch fresh dill

Dairy, Milk & Eggs

- ½ pint whipping cream
- 1 quart fat-free milk
- 1 (8-oz.) package shredded Monterey Jack cheese
- 1 (5-oz.) block feta cheese
- 1 (10-oz.) package queso fresco
- 1 (5-oz.) container grated Parmesan cheese

Meat, Poultry & Seafood

- 2½ pounds boneless, skinless chicken thighs
- 4½ ounces cooked chicken breast
- 1½ ounces cooked chicken thigh
- 14 ounces white fish fillets, such as halibut, grouper or cod