

THE PREP

November 19th - 23rd, 2022 Shopping List

Pantry Staples

- Salt
- Chili powder
- Extra-virgin olive oil
- pepper
- Sherry vinegar
- Hot sauce

Grocery

- 1 (8-ct.) package corn tortillas
- 1 (16-oz.) container pineapple salsa
- 2 (8-oz.) packages frozen or refrigerated spinach-and-ricotta ravioli
- 1 (16-oz.) box whole-wheat orzo
- 1 (6-oz.) package pine nuts
- 1 (32-oz.) container low-sodium chicken broth
- 1 (7-oz.) jar oil-packed sun-dried tomatoes
- 1 (3-oz.) package sun-dried tomato halves
- 1 (10-oz.) package frozen quartered artichoke hearts
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (10-oz.) jar Kalamata olives
- 1 (750-mL) bottle dry white wine
- 1 (12-oz.) jar roasted red peppers
- 1 (16-oz.) package rolled oats

- 1 (12-oz.) package mini semisweet chocolate chips
- 1 (6-oz.) package unsweetened shredded coconut
- 1 (16-oz.) jar unsweetened, no-salt-added almond butter
- 1 (12-oz.) container caramel sauce

Produce

- 1 (9-oz.) package coleslaw mix
- 1 lime
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 bunch fresh flat-leaf parsley
- 1 head garlic
- 1 medium sweet onion
- 1 small red onion
- 2 medium Yukon Gold potatoes
- 1 medium turnip
- 1 (5-oz.) package baby spinach
- 1 (10-oz.) package shredded cabbage

Dairy, Milk & Eggs

- 1 (5-oz.) container grated Parmesan cheese
- ½ pint sour cream

Meat, Poultry & Seafood

- 1 (1-lb.) salmon fillet
- 1 (1-lb.) package chicken cutlets
- 10 ounces shredded cooked chicken