

THE PREP

November 26th - December 2nd, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Balsamic vinegar
- Rice vinegar
- Lower-sodium soy sauce
- Spicy brown mustard
- Honey
- Onion powder
- Curry powder
- Ground cumin

Grocery

- 2 (15-oz.) cans unsalted chicken stock
- 1 (15-oz.) can unsalted chicken broth
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (15-oz.) can chickpeas
- 2 (15-oz.) cans no-salt-added great northern beans
- 1 (4-oz.) can chopped green chiles
- 1 (15-oz.) package golden raisins
- 2 (16-oz.) packages quinoa
- 3 (8-oz.) packages precooked brown rice
- 1 (4-oz.) package sliced almonds
- 1 (1-lb.) package frozen shredded hash brown potatoes
- 1 (12-oz.) package frozen mango
- 1 (10-oz.) package frozen sweet peas
- 1 (5-oz.) bottle toasted sesame oil
- 1 (8-oz.) bottle sambal oelek
- 1 (6.7-oz.) bottle fish sauce
- 1 (375-mL) bottle Baileys Original Irish Cream
- 1 (750-mL) bottle Chambord
- 1 (6-oz.) container hot cocoa mix

Produce

- 1 bunch thyme
- 1 bunch flat-leaf parsley
- 1 bunch cilantro
- 1 bunch dill or basil
- 1 bunch scallions
- 1 head garlic
- 1 small white onion
- 1 large yellow onion
- 1 small shallot
- 1 medium sweet onion
- 1 large lemon
- 1 small jalapeño pepper
- 1 (1-in.) piece ginger
- 5 medium zucchini
- 1 (12-oz.) package broccoli florets
- 2 medium stalks celery
- 1 large carrot
- 1 medium red bell pepper
- 1 (5-oz.) package mixed greens
- 1 (5-oz.) package baby spinach
- 1 (1-lb.) package spinach

Dairy, Milk & Eggs

- 6 large eggs
- 1 stick unsalted butter
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (8-oz.) bottle whole milk
- 1 (8-oz.) container whole-milk plain Greek yogurt
- ½ pint whipping cream
- 1 (8-oz.) package fontina cheese

Meat, Poultry & Seafood

- 4 boneless pork loin chops or cutlets, about 1/2 inch thick (1-1 1/4 pounds total)
- 1 (8-oz.) skinless salmon fillet
- 1 pound boneless, skinless chicken thighs
- 1 pound large peeled, deveined raw shrimp