

THE PREP

December 3rd - 9th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Black pepper
- Crushed red pepper
- Ground cumin
- Garlic powder
- Extra-virgin olive oil
- Cooking spray
- Maple syrup
- Honey
- Red-wine vinegar
- Grapeseed oil
- Rice vinegar
- Cornstarch
- Brown sugar
- Baking powder
- Vanilla extract

Grocery

- 1 (15-oz.) can low-sodium chicken broth
- 1 (32-oz.) carton low-sodium vegetable broth
- 1 (8-ct.) package corn tortillas
- 1 (16-oz.) box whole-wheat orzo
- 3 (9-oz.) pouches precooked microwaveable brown rice
- 1 (16-oz.) package green or brown lentils
- 1 (8-oz.) package refrigerated fresh whole-wheat linguine noodles
- 1 (15-oz.) can unsalted diced tomatoes
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (10-oz.) bottle lower-sodium tamari
- 1 (1-oz.) container sesame seeds
- 1 (10-oz.) package frozen quartered artichoke hearts
- 1 (10-oz.) jar pitted Kalamata olives
- 1 (3.5-oz.) jar capers
- 1 (16-oz.) container salsa verde
- 1 (18-oz.) jar strawberry jam
- 1 (6-oz.) can pineapple juice
- 1 (16-oz.) package old-fashioned rolled oats
- 1 (4-oz.) container unsweetened applesauce

Produce

- 1 bunch rosemary
- 1 bunch thyme
- 1 bunch flat-leaf parsley
- 1 bunch cilantro
- 1 bunch scallions
- 1 head garlic
- 2 large lemons
- 1 pound green beans
- 1 medium white onion
- 1 large carrot
- 2 medium celery stalks
- 1 (5-oz.) package lacinato kale
- 1 (8-oz.) package sliced mushrooms
- 1 (5-oz.) package baby spinach
- 1 (9-oz.) package broccoli florets
- 1 small piece fresh ginger
- 1 small jalapeño pepper
- 1 avocado
- 1 (16-oz.) package fresh or frozen strawberries

Dairy, Milk & Eggs

- 1 (5-oz.) container grated Parmesan cheese
- ½ pint heavy cream
- 1 (8-oz.) package reduced-fat cream cheese
- 1 (16-oz.) bottle low-fat milk
- 2 large eggs

Meat, Poultry & Seafood

- 4 bone-in, skin-on chicken breasts (3 lbs. total)
- 3 pounds boneless, skinless chicken breasts
- 1¼ pounds center-cut salmon fillet
- 1 pound peeled and deveined large shrimp