

THE PREP

December 10th - 16th, 2022 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Black pepper
- Extra-virgin olive oil
- Canola oil
- Smoked paprika
- Garlic powder
- Italian seasoning
- Rice vinegar
- Red-wine vinegar
- White-wine vinegar
- Whole-grain mustard
- Honey
- Cornstarch
- All-purpose flour

Grocery

- 3 (8-oz.) pouches precooked brown rice
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (23.5-oz.) jar low-sodium marinara sauce
- 1 (15-oz.) can no-salt-added black beans
- 1 (8-ct.) package corn tortillas
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (10-oz.) bottle lower-sodium tamari
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (15-oz.) can low-sodium chicken broth
- 1 (7-oz.) jar oil-packed sun-dried tomatoes
- 1 (16-oz.) package dried black lentils
- 1 (4-oz.) bag chopped pecans
- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle bourbon or other whiskey
- 1 (1-oz.) bottle propolis tincture
- 1 whole-wheat baguette

Produce

- 3 medium red bell peppers
- 1 pound sweet potatoes
- 1 lime
- 2 lemons
- 1 medium avocado
- 2 medium zucchinis
- 2 medium white onions
- 1 head garlic
- 1 small red onion
- 1 medium shallot
- 1 bunch flat-leaf parsley
- 1 bunch basil
- 1 bunch fresh cilantro
- 1 bunch scallions
- 1 bunch mint
- 1 (4-inch) piece fresh ginger
- 1 (12-oz.) package broccoli florets
- 1 (8-oz.) package snow peas
- 1 (12-oz.) bag radishes
- 1 large carrot
- 1 (5-oz.) package spinach

Dairy, Milk & Eggs

- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (10-oz.) package queso fresco
- 1 (8-oz.) package cream cheese
- 1 (16-oz.) bottle whole milk

Meat, Poultry & Seafood

- 12 ounces ground turkey
- 1 ¼ pounds salmon fillet, skinned
- 1 (1-lb.) package chicken cutlets
- 1 ¼ pounds cod fillet
- 12 ounces chopped cooked chicken