

THE PREP

December 31st 2022 - January 6th 2023 Shopping List

Pantry Staples

- Salt
- Kosher Salt
- Black Pepper
- Chrushed red pepper
- Extra-virgin olive oil
- Canola oil
- Cider vinegar
- Ground coriander
- Ground cumin
- Ground turmeric
- Ground cinnamon
- Dried oregano
- Fennel seeds
- Honey
- Cornstarch
- Brown sugar
- Vanilla extract

Grocery

- 1 (8-oz.) package gluten-free penne pasta or whole-wheat penne pasta
- 1 (16-oz.) package rolled oats
- 2 (8-oz.) microwaveable pouches brown rice
- 1 (1.9-oz.) container garam masala
- 1 (28-oz.) can no-salt-added diced tomatoes
- 4 (15-oz.) cans low-sodium chickpeas
- 1 (10-oz.) bottle reduced-sodium soy sauce or tamari
- 1 (6-oz.) can tomato paste
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (8-oz.) package IQF (individually quick-frozen) spinach
- 1 (8-oz.) bag chopped pecans
- 1 (750-mL) bottle dry white wine

Produce

- 2 lemons
- 2 (5-oz.) packages spinach
- 1 head garlic
- 1 medium serrano pepper
- 1 (2-in.) piece fresh ginger
- 3 medium yellow onions
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 scallion
- 1 pound baby Yukon Gold potatoes
- 3 medium Yukon Gold potatoes
- 12 ounces asparagus
- 1 (16-oz.) bag broccoli florets
- 1 pound small carrots
- 2 medium carrots
- 1 yellow bell pepper
- 1 poblano pepper
- 1 bunch lacinato kale
- 2 plum tomatoes
- 2 ripe bananas

Dairy, Milk & Eggs

- 1 (5-oz.) container grated Parmesan cheese
- 1 stick unsalted butter
- 2 large eggs
- 1 quart low-fat milk

Meat, Poultry & Seafood

- 1 (1-lb.) package boneless, skinless chicken breast or thighs
- 1¼ pounds salmon fillet, skinned
- 8 (5-oz.) bone-in, skin-on chicken thighs
- 1 (1-lb.) package 90%-lean ground beef
- 1 (1-lb.) package 93%-lean ground turkey