

THE PREP

January 7th - 13th, 2023 Shopping List

Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Red-wine vinegar
- Italian seasoning
- Crushed red pepper
- Ground cumin
- Dried thyme
- Smoked paprika
- Ground cinnamon
- Garlic powder
- Onion powder
- Honey
- Mayonnaise
- Dijon mustard
- Maple syrup

Grocery

- 2 (8-oz.) pouches precooked quinoa
- 2 (8-oz.) pouches precooked brown rice
- 1 (16-oz.) box whole-wheat spaghetti
- 1 (12-oz.) jar roasted red bell peppers
- 1 (8-oz.) package pistachios
- 1 (6-oz.) can tomato paste
- 1 (32-oz.) carton lower-sodium vegetable broth
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (15-oz.) can no-salt-added fire-roasted tomatoes
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (10-oz.) package refrigerated cheese tortellini

- 1 (10-oz.) bottle reduced-sodium soy sauce
- 1 whole-wheat baguette
- 1 (10-oz.) bag frozen chopped onions
- 1 (1-qt.) carton unsweetened almond milk
- 1 (750-mL) bottle dry white wine

Produce

- 1 head garlic
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 large yellow onion
- 1 small shallot
- 1 (8-oz.) package baby spinach
- 2 medium tomatoes
- 1 (12-oz.) package spiralized zucchini
- 1 lemon
- 1 (5-oz.) package mixed greens
- 1 (16-oz.) bag chopped kale
- 8 ounces fresh asparagus
- 1 (10-oz.) package julienne-cut carrots
- 1 (2-in.) piece fresh ginger
- 1 (2-in.) piece fresh turmeric

Dairy, Milk & Eggs

- 1 (3-in.) Parmesan rind

Meat, Poultry & Seafood

- 1 ¼ pounds skin-on salmon fillet
- 1 ¼ pounds cod
- 1 rotisserie chicken
- 4 ½ ounces kielbasa
- 4 (5-oz.) boneless, skinless chicken breasts