

THE PREP

January 14th - 20th, 2023 Shopping List

Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Canola oil
- Ground cumin
- Paprika
- Garlic powder
- Dried oregano
- Cayenne pepper
- Barbecue sauce
- Red-wine vinegar
- Dijon mustard
- Brown sugar
- Cornstarch
- Ground cinnamon

Grocery

- 1 loaf whole-wheat sourdough bread
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (9-oz.) package fresh whole-wheat tagliatelle or linguine
- 1 (10-oz.) package frozen peas
- 1 (16-oz.) box whole-wheat orzo
- 2 (15-oz.) cans no-salt-added great northern beans
- 1 (32-oz.) carton unsalted chicken broth
- 1 (4-oz.) can chopped green chiles
- 1 (10-oz.) container fresh salsa
- 1 (15-oz.) can pinto beans,
- 1 (12-oz.) container pickled jalapeños

Produce

- 1 head garlic
- 1 bunch fresh thyme
- 1 bunch fresh sage
- 1 bunch fresh rosemary

- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh tarragon
- 1 bunch fresh cilantro
- 1 bunch fresh scallions
- 1 lb. escarole
- 4 medium russet potatoes
- 1 ripe avocado
- 1 (8-oz.) package baby spinach
- ½ head broccoli
- 3 lemon
- 1 medium yellow onion
- 4 medium stalks celery
- 4 medium Honeycrisp apples
- 2 medium Granny Smith apples
- 1 medium zucchini
- 1 small bell pepper
- 1 pint cherry tomatoes
- 1 (8-oz.) mixed salad greens

Dairy, Milk & Eggs

- 1 (5-oz.) container grated Parmesan cheese
- 3 egg yolks
- 1 egg
- 1 stick unsalted butter
- 1 (8-oz.) package reduced-fat cream cheese

Meat, Poultry & Seafood

- 1 lb. sirloin steak, about ½ inch thick
- 1¼ lb. skin-on salmon fillet, cut into 4 portions, patted dry
- 1 lb. boneless, skinless chicken thighs
- 1 lb. jumbo shrimp, peeled and deveined

