

THE PREP

January 21st - 27th, 2023 Shopping List

Pantry Staples

- Salt
- Black pepper
- Extra-virgin olive oil
- Canola oil
- Sherry vinegar
- White-wine vinegar
- Mayonnaise
- Whole-grain mustard
- Garlic powder
- Italian seasoning
- Dried oregano
- 1 cinnamon stick
- Granulated sugar
- Honey

Grocery

- 4 small whole-wheat hamburger buns
- 1 loaf whole-wheat sourdough bread
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 1 (8-oz.) package thin brown rice noodles
- 1 (32-oz.) carton low-sodium vegetable broth
- 2 (32-oz.) cartons low-sodium chicken broth
- 1 (15-oz.) can no-salt-added white beans
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (8-oz.) jar pesto
- 1 (750-mL) bottle dry white wine
- 1 (8-oz.) bottle fish sauce
- 3 whole star anise
- 1 (8-oz.) package farro
- 1 (10-oz.) package frozen spinach
- 1 (16-oz.) jar no-added-sugar peanut butter

Produce

- 12 ounces new potatoes
- 2 bunches scallions
- 1 bunch fresh dill
- 1 bunch fresh parsley
- 1 bunch fresh basil
- 1 bunch fresh mint
- 1 (3-in.) piece fresh ginger
- 1 small shallot
- 1 head garlic
- 2 lemons
- 1 lime
- 1 small white onion
- 1 medium sweet onion
- 1 small red onion
- 1 large leek
- ½ small head green cabbage
- 1 pound green beans
- 1 medium zucchini
- 1 large carrot
- 1 (8-oz.) package sliced white mushrooms
- 1 (9-oz.) package fresh mung bean sprouts
- 1 cucumber
- 1 (5-oz.) package spinach
- 1 head bok choy
- 1 banana

Dairy, Milk & Eggs

- 1 (4-oz.) Parmesan cheese rind
- 1 (8-oz.) package cream cheese
- 1 (6-oz.) container crumbled feta cheese
- 1 (10-oz.) container tzatziki
- 1 (32-oz.) bottle plain kefir

Meat, Poultry & Seafood

- 1 ¼ pounds boneless, skinless chicken thighs
- 1 ¼ pounds center-cut salmon fillet
- 1 pound chicken cutlets
- 12 ounces small peeled, deveined raw shrimp
- 1 pound 93%-lean ground turkey