

THE PREP

October 30th - November 5th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Dijon mustard
- Hot Sauce
- Chili powder
- Ground cumin
- Ground cinnamon
- Cayenne
- Crushed red pepper
- Ancho chile powder
- Dried oregano
- Creamy natural peanut butter
- Packed light brown sugar
- Vanilla extract
- Quick-cooking oats
- Baking soda

Grocery

- 1 (16-in.) baguette
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (6-oz.) can tomato paste
- 1 (32-oz.) container, plus 2 (15-oz.) can unsalted chicken stock
- 1 (14-oz.) can quartered artichoke hearts
- 1 (15-oz.) can kidney beans
- 1 (16-oz.) package dried cannellini beans
- 1 (8-oz.) container panko breadcrumbs
- 1 (8-oz.) container whole-wheat couscous
- 1 package (16-ct.) corn tortillas
- 1 (16-oz.) bag semisweet chocolate chips
- 1 (16-oz.) bag candy-coated milk chocolate pieces
- 1 (16-oz.) bags cauliflower rice

Produce

- 2 heads garlic
- 1 large onion
- 1 medium shallot
- 9 jalapeño peppers
- 2 (16-oz.) packages peeled, cubed butternut squash
- 2 (10-oz.) containers spinach

- 1 (5-oz.) package arugula
- 1 (16-oz.) package romaine lettuce
- 1 medium yellow bell pepper
- 2 mini sweet peppers
- 1 plum tomato
- 1 pt. grape tomatoes
- 1 bunch radishes
- 1 medium avocado
- 2 lemons
- 1 lime
- 1 bunch cilantro
- 1 bunch scallions
- 1 bunch parsley
- 1 (0.75-oz.) container fresh dill
- 1 (0.75-oz.) container rosemary sprigs

Dairy, Milk & Eggs

- 1 (8-oz.) package shredded Cheddar cheese
- 1 (8-oz.) package shredded part-skim mozzarella
- 1 (8-oz.) container crème fraîche or sour cream
- 1 (8-oz.) block crumbled cotija or feta cheese
- 1 (32-oz.) container low-fat plain Greek yogurt
- 1 (8-oz.) bottle buttermilk
- 2 sticks unsalted butter
- 2 large eggs

Meat, Poultry & Seafood

- 2 lbs. beef brisket (flat end)
- 1 lb. lean ground turkey
- 1 lb. boneless, skinless chicken breasts
- 1 (11-oz.) package spinach-and-feta chicken-and-turkey sausage
- 1 lb. salmon, preferably wild, skinned
- 1 lb. shrimp (21-30 count), peeled and deveined