

The Prep

Gut-Healthy Dinners You Can Make in 4 Steps or Fewer

Shopping list for the week of October 19th - 25th, 2024

PANTRY STAPLES

- Extra-virgin olive oil
- Ground pepper
- Black peppercorns
- Salt
- Garlic powder
- Italian seasoning
- Cider vinegar
- Sherry vinegar
- Reduced-sodium soy sauce

GROCERY

- 1 loaf sprouted whole-wheat bread
- 1 whole-wheat baguette
- 1 (8-oz.) can water-packed quartered artichoke hearts
- 1 (12-oz.) bag frozen artichoke hearts
- 1 (14-oz.) can coconut milk
- 2 (15-oz.) cans no-salt-added chickpeas
- 1 (8-oz.) box whole-wheat spaghetti
- 1 (8-oz.) bag unsalted pine nuts
- 1 (8-oz.) bag unsalted roasted pemitas
- 1 (5-oz.) bag Medjool dates
- 1 (3-oz.) bag unsweetened dried cranberries
- 1 (5-oz.) tub white miso

- 1 (7-oz.) tub refrigerated basil pesto
- 1 (8-oz.) jar sambal oelek
- 1 (7-oz.) jar sun-dried tomatoes in oil
- 1 (7-oz.) jar pickled cherry peppers
- 1 (2-oz.) jar ground coriander
- 1 (2-oz.) jar garam masala
- 1 (2-oz.) jar ground ginger
- 2 (32-oz.) cartons unsalted vegetable broth
- 1 (8-oz.) package original tempeh
- 1 (8-oz.) package precooked microwaveable black lentils
- 1 (8-oz.) pouch microwaveable precooked brown rice

PRODUCE

- 1 head broccoli
- 1 large cucumber
- 3 large carrots
- 3 scallions
- 1 head green cabbage
- 1 (1½-lb.) butternut squash
- 1 small sweet potato
- 1 small Gala apple
- 1 small leek
- 1 small heirloom tomato
- 1 pint cherry tomatoes

- 1 bunch asparagus
- 1 large shallot
- 1 lemon
- 1 lime
- 1 (3-inch) piece ginger
- 1 large bunch curly kale
- 1 (5-oz.) container baby kale
- 1 (5-oz.) container spring mix salad greens
- 1 small red onion
- 2 heads garlic
- 1 bunch basil
- 1 bunch parsley
- 1 bunch cilantro

DAIRY, MILK & EGGS

- 1 (4-oz.) container crumbled feta cheese
- 1 (8-oz.) container grated Parmigiano-Reggiano cheese
- 1 stick unsalted butter
- 1 pint heavy cream
- 1 (5-oz.) container whole-milk plain strained (Greek-style) yogurt
- 1 (8-oz.) container cream cheese

MEAT, POULTRY & SEAFOOD

- 1 rotisserie chicken