

# THE PREP

February 1st - February 7th, 2020 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Toasted (dark) sesame oil
- Reduced-sodium tamari
- Rice vinegar
- Light mayonnaise
- Light brown sugar
- Vanilla extract
- Dried chives
- Dried dill
- Dried oregano
- Garlic powder
- Ancho chile powder
- Ground cumin
- Cayenne pepper

## Grocery

- 1 (16-oz.) bag brown rice
- 1 (2.5-oz.) bag sesame seeds
- 1 (13-oz.) package tortilla chips
- 1 (3.5-oz.) bag tortilla strips
- 1 (16-oz.) jar smooth natural peanut butter or almond butter
- 1 (12-oz.) jar molasses
- 1 (12-oz.) jar pickled jalapeños (optional)
- 1 (15-oz.) jar salsa verde (optional)
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (8.5-oz.) jar sun-dried tomato halves
- 1 (12-oz.) jar roasted red peppers
- 1 (28-oz.) can crushed tomatoes
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (10-oz.) can diced tomatoes and green chiles (such as Rotel)
- 2 (15-oz.) cans no-salt-added chickpeas
- 1 (15-oz.) can no-salt-added pinto beans
- 1 (15-oz.) can no-salt-added black beans
- 1 (10-oz.) can unsalted beef broth
- 1 (10-oz.) bag frozen cauliflower rice

- 1 (10-oz.) bag frozen corn
- 1 (10-oz.) bag mini chocolate chips
- 1 (16-in.) baguette
- 1 (750-mL) bottle dry white wine
- chopped spinach

## Produce

- 2 medium red onions
- 1 medium yellow onion
- 1 head garlic
- 1 (3-in.) piece ginger
- 1 (16-oz.) container baby spinach
- 4 carrots
- 1 medium green bell pepper
- 1 red bell pepper
- 1 medium poblano chile
- 2 heads broccoli
- 1 pint cherry tomatoes
- 2 medium cucumbers
- 2 avocados
- 3 lemons
- 1 lime
- 1 (0.75-oz.) container thyme
- 1 (0.75-oz.) container dill
- 1 bunch scallions
- 1 bunch cilantro

## Dairy, Milk & Eggs

- 2 (8-oz.) packages shredded Mexican blend or Cheddar cheese
- 1 (6-oz.) container feta cheese
- 1 (16-oz.) tub sour cream
- 1 (8-oz.) bottle buttermilk
- ½ pint heavy cream
- 4 large eggs

## Meat, Poultry & Seafood

- 1 pound chicken cutlets
- 1 pound boneless, skinless chicken breasts
- 1 pound 93% lean ground beef sirloin
- 1¼ pounds wild salmon