

THE PREP

January 25th - January 31st, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- White-wine vinegar
- Mayonnaise
- Dijon mustard
- Hot sauce
- Honey
- Granulated sugar
- Dried thyme
- Chili powder

Grocery

- 1 package 6-inch corn tortillas
- 1 package 5-inch whole-wheat pitas
- 1 (12-oz.) tub pineapple salsa
- 1 (8-oz.) package fresh whole-wheat linguine noodles
- 1 (11-oz.) tub fresh pesto
- 1 (12-oz.) bottle orange juice
- 1 (15-oz.) can no-salt-added tomato sauce
- 1 (6-oz.) jar Kalamata olives
- 1 (3-oz.) jar capers
- 1 (16-oz.) jar honey mustard
- 1 (8-oz.) jar sun-dried tomato tapenade or sun-dried tomato pesto
- 1 (12-oz.) box whole-wheat couscous
- 2 (15-oz.) cans chickpeas
- 1 (15-oz.) jar coconut curry simmer sauce
- 1 (14.5-oz.) can vegetable broth
- 1 (16-oz.) bag precooked brown rice
- 1 (16- to 18-oz.) tube polenta
- 1 (12-oz.) jar peanuts
- 1 (10-oz.) jar pad thai sauce
- 1 (8-oz.) package brown-rice pad thai noodles
- 1 (2.5-oz.) pouch tuna in water
- 1 (10-oz.) box frozen chopped spinach
- 1 (8-oz.) box frozen artichoke hearts
- 1 (16-oz.) bag frozen peas

- 1 (16-oz.) bag frozen pineapple chunks
- 1 (16-oz.) bottle lime juice
- 1 (750-mL) bottle (or smaller) white tequila
- 1 (750-mL) bottle (or smaller) triple sec

Produce

- 1 (9-oz.) bag coleslaw mix
- 1 (1-lb.) bag baby carrots
- 1 (10-oz.) bag matchstick carrots
- 1 medium bell pepper
- 1 medium zucchini
- 1 (5-oz.) package baby spinach
- 1 (5-oz.) package salad greens
- 1 head iceberg lettuce
- 1 bunch kale
- 2 cups stringless snap peas
- 1 small bag carrots
- 1 bunch celery
- 2 limes
- 1 head garlic
- 1 small red onion
- 1 medium onion
- 1 shallot
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch scallions

Dairy, Milk & Eggs

- 1 stick butter
- 16 eggs
- 1 (6-oz.) container crumbled feta cheese
- 1 small wedge blue cheese crumbles or 1 small container blue-cheese crumbles
- 1 (32-oz.) container nonfat plain Greek yogurt

Meat, Poultry & Seafood

- 1 lb. salmon fillet
- 1 lb. peeled and deveined large shrimp (31-35 count)
- ¾ lb. lean ground beef
- 1 lb. chicken tenders
- 1 rotisserie chicken, preferably unseasoned
- ½ pound boneless, skinless chicken thighs (2 thighs)