

THE PREP

February 29th - March 6th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Toasted sesame oil
- Red-wine vinegar
- Lower-sodium soy sauce
- Whole-grain Dijon mustard
- Honey
- Cornstarch
- Granulated sugar
- Ground coriander
- Smoked paprika
- Onion powder

Grocery

- 1 (32-oz.) carton reduced-sodium chicken broth
- 1 (8-oz.) jar Asian chile-garlic sauce
- 1 (16-oz.) jar unsweetened no-salt-added almond butter
- 1 (6-oz.) jar Kalamata olives
- 1 (18-oz.) container rolled oats
- 1 (16-in.) whole-wheat baguette
- 2 (8-oz.) boxes tube-shaped chickpea pasta (such as Banza)
- 1 (10-oz.) box whole-wheat couscous
- 2 (8-oz.) packages pre-cooked brown rice
- 1 (16-oz.) bag frozen shelled edamame
- 1 (10-oz.) package frozen chopped spinach
- 1 (20-oz.) bottle caramel sauce
- 1 (10-oz.) bag mini semisweet chocolate chips
- 1 (14-oz.) bag unsweetened shredded coconut

Produce

- 2 medium red onions
- 1 medium onion
- 2 medium shallots
- 1 head garlic
- 1 (2-in.) piece ginger
- 12 ounces baby Yukon Gold potatoes
- 2 romaine hearts
- 1 (5-oz.) container baby spinach
- 1 pint cherry or grape tomatoes
- 1 medium European cucumber
- 1 cup sugar snap peas
- 1 medium yellow bell pepper
- 2 pounds asparagus
- 1 bunch celery
- 1 (1-lb.) bag carrots
- 6 cups fresh peas or 2 (16-oz.) bags frozen peas
- 4 lemons
- 1 bunch scallions
- 1 bunch flat-leaf parsley
- 1 bunch basil
- 1 (0.75-oz.) container fresh dill

Dairy, Milk & Eggs

- 1 dozen plus 1 half-dozen large eggs (18)
- 1 stick butter
- 1 (8-oz.) bottle reduced-fat milk
- 1 (8-oz.) container mascarpone cheese
- 1 (6-oz.) tub crumbled feta cheese
- 1 (8-oz.) bag shredded sharp Cheddar cheese

Meat, Poultry & Seafood

- 1 pound center-cut salmon fillet, preferably wild
- 2 (8-oz.) boneless, skinless chicken breasts
- 1 pound lean flank steak
- 1 (8-oz.) package ham steak