

THE PREP

February 8th - February 14th, 2020 Shopping List

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Sherry vinegar
- Reduced-sodium tamari or soy sauce
- Dijon mustard
- Smooth natural peanut butter
- Vegan mayonnaise
- Light brown sugar
- Ground cumin
- Chipotle chile powder
- Chili powder
- Garlic powder
- Onion powder
- Ground allspice

Grocery

- 1 (8-oz.) tub fresh salsa or pico de gallo
- 1 (16-oz.) bag brown rice or 2 (8-oz.) packages precooked brown rice
- 1 (12-oz.) bag cooked quinoa or 2 (8-oz.) packages precooked quinoa
- 1 (15-oz.) can no-salt-added black beans
- 1 (15-oz.) can chickpeas
- 1 (6-oz.) can no-salt-added tomato paste
- 1 (4-oz.) can diced green chiles
- 1 (32-oz.) bottle reduced-sodium tomato-vegetable juice blend or tomato juice
- 1 (32-oz.) container vegetable broth
- 1 (16-oz.) jar tahini
- 1 (8.5-oz.) jar sun-dried tomatoes
- 1 (4.5-oz.) bottle nutritional yeast
- 1 (9-oz.) tub unsalted raw cashews
- ½ gallon plain unsweetened almond milk
- 1 (8-oz.) jar coconut curry simmer sauce

- 1 (8-oz.) bag roasted chickpea snacks with sea salt
- 1 (1-lb.) box whole-wheat fettuccine
- 1 (8-ct) package corn or flour tortillas
- 1 (8-oz.) container whole-wheat panko breadcrumbs
- 6 small whole-wheat hamburger buns
- 1 (16-oz.) package extra-firm tofu
- 1 (10-oz.) bag semi-sweet chocolate chips

Produce

- 1 small yellow onion
- 1 medium onion
- 1 head garlic
- 1 (2-in.) piece ginger
- 3 medium avocados
- 2 limes
- 4 lemons
- 2 large sweet potatoes
- 1 medium tomato
- 1 head cauliflower florets
- 1 medium bell pepper
- 1 medium zucchini
- 1 (2 ½- to 3-lb.) spaghetti squash
- 1 (8-oz.) package cremini mushrooms
- 1 (9- to 10-oz.) package shredded or shaved Brussels sprouts
- 1 head iceberg lettuce
- 1 (5-oz.) container baby spinach
- 1 (5-oz.) container mixed greens
- 1 bunch kale
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch basil
- 1 (0.75-oz.) container chives

Dairy, Milk & Eggs

- 1 large egg