

THE PREP

March 7th - 13th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Toasted sesame oil
- Low-sodium soy sauce
- Cider vinegar
- Rice vinegar
- Honey
- Pure maple syrup
- Confectioners' sugar
- Vanilla extract
- Ground cinnamon
- Ground cumin
- Chipotle chile powder
- Ancho chile powder
- Chili powder
- Dried oregano

Grocery

- 1 (8-oz.) package pre-cooked brown rice
- 1 (16-oz.) bag millet (or 1/3 cup dry from the bulk section)
- 1 (16-oz.) bag bulgur (or 2/3 cup dry from the bulk section)
- 1 (16-oz.) bag almond meal (or 1/4 cup from the bulk section)
- 1 (16-oz.) box whole-wheat orzo
- 2 (15-oz.) cans no-salt-added cannellini beans
- 2 (15-oz.) cans no-salt-added black beans
- 1 (15-oz.) can hominy
- 1 (14.5-oz.) can whole beets
- 1 (32-oz.) carton low-sodium vegetable broth
- 1 (15-oz.) can low-sodium vegetable broth
- 1 (6-oz.) jar Kalamata olives
- 1 (8.5-oz.) jar oil-packed sun-dried tomatoes
- 1 (16-oz.) jar tomatillo salsa
- 1 (16-oz.) jar smooth natural peanut butter
- 1 (16-oz.) jar tahini
- 1 (10-oz.) tub pitted Medjool dates
- 1 (8-ct.) package corn tortillas
- 1 (8.45-oz.) bottle balsamic glaze
- 1 (12-oz.) bag chia seeds (or 2 Tbsp. from the bulk section)
- 1 (2-oz.) bag toasted pine nuts
- 1 (2-oz.) bag chopped toasted pecans
- 1 (7-oz.) tub pepitas
- 2 (2.2-oz.) jars sesame seeds

- 1 (7-oz.) tub sunflower seeds
- 1 (16-oz.) bag frozen corn kernels
- 2 (8-oz.) packages frozen or refrigerated spinach-and-ricotta ravioli
- 1 (10-oz.) package frozen quartered artichoke hearts

Produce

- 2 heads garlic
- 1 (1-in.) piece ginger
- 1 large red onion
- 1 medium red onion
- 2 medium yellow onions
- 3 limes
- 4 lemons
- 1 head napa or green cabbage
- 3 medium red bell peppers
- 1 medium yellow bell pepper
- 3 medium poblano peppers
- 1 serrano pepper
- 4 medium carrots
- 2 medium cucumbers
- 2 medium zucchini
- 2 bunches kale
- 2 heads Bibb lettuce
- 1 small or half-head cabbage
- 1 small bunch radishes
- 2 pints cherry tomatoes
- 1 ripe pear
- 1 medium apple
- 1 medium jicama
- 1 bunch scallions
- 1 bunch mint
- 1 bunch basil
- 1 bunch cilantro

Dairy, Milk & Eggs

- 1 (8-oz.) tub sour cream
- 1 (10-oz.) package cotija cheese
- 1 (6-oz.) package crumbled feta cheese
- 1 (8-oz.) package pearl mozzarella balls
- 1 (5.3-oz.) container whole-milk plain Greek yogurt
- 1/2 gallon unsweetened almond milk or other nondairy milk

Meat, Poultry & Seafood

- 1 pound salmon fillet
- 1 pound ground chicken breast

