

THE PREP

March 21st - 27th, 2020 Shopping List

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- All-purpose flour
- Granulated sugar
- Ground cumin
- Chili powder
- Paprika
- Italian seasoning
- Dried tarragon, dill or chives
- Crushed red pepper (optional)

Grocery

- 1 (8-oz.) can plain seltzer
- 1 (32-oz.) can canned crushed tomatoes
- 4 (32-oz.) containers plus 1 (15-oz.) can no-salt-added vegetable broth
- 1 (15-oz.) can low-sodium beef or chicken broth
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (8-oz.) can no-salt-added tomato sauce
- 2 (15-oz.) cans low-sodium hearty-style tomato soup
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (16-oz.) bag dried black beans or 4 (15-oz.) cans
- 2 (15-oz.) can black beans
- 1 (15-oz.) can no-salt-added cannellini beans
- 1 (16-oz.) bag frozen mixed vegetables

- 1 (16-oz.) package frozen cheese tortellini
- 1 (1-lb.) box whole-wheat elbow macaroni
- 1 (8-oz.) container hummus
- 1 small bottle vodka or gin

Produce

- 1 head garlic
- 2 medium onions
- 1 large bunch kale
- 1 medium red bell pepper
- 1 (5-oz.) container baby spinach
- 1 jalapeño pepper
- 4 large sweet potatoes
- 1 pint blackberries or 1 16-oz. bag frozen berries
- 3 limes
- 1 bunch cilantro
- 1 (0.75-oz.) container fresh rosemary
- 1 (0.75-oz.) container thyme

Dairy, Milk & Eggs

- 12 large eggs
- 1 (8-oz.) bottle reduced-fat milk
- 1 (½-pt.) heavy cream
- 1 (8-oz.) container sour cream (optional)
- 2 (8-oz.) tubs Parmesan cheese
- 1 (8-oz.) bag shredded Monterey Jack cheese

Meat, Poultry & Seafood

- 1 pound lean ground beef

