

THE PREP

March 14th - 20th, 2020 Shopping List

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Ground allspice
- Ground cumin
- Cayenne pepper
- Curry powder
- Dried marjoram
- Dried Italian seasoning
- Cajun seasoning
- Ground cinnamon
- Light brown sugar
- Vanilla extract
- Baking powder
- Mayonnaise (vegan or regular)

Grocery

- 1 (10-oz.) bag frozen riced cauliflower
- 1 (15-oz.) can no-salt-added black beans
- 1 (4.5-oz.) tube or 1 (6-oz.) can no-salt-added tomato paste
- 1 (8.45-oz.) bottle balsamic glaze
- 1 (24-oz.) bag cornmeal
- 1 (8-oz.) carton whole-wheat panko breadcrumbs
- 1 (18-oz.) container old-fashioned rolled oats
- 1 (2-lb.) bag white whole-wheat flour
- 1 (26.5-oz.) container dry whole-wheat cous-cous (or 2 cups from bulk section)
- 1 (16-oz.) box whole-wheat spaghetti
- 4 whole-wheat hamburger buns
- 1 (4-oz.) bag chopped walnuts
- 1 (12-oz.) box raisins
- 1 (10-oz.) bag semisweet chocolate chips
- 1 (750-mL) bottle white wine

Produce

- 6 lemons
- 1 head garlic
- 1 medium shallot
- 2 small broccoli crowns
- 2 medium cucumbers
- 1 pint cherry tomatoes
- 2 medium sweet potatoes
- 2 pints multicolored cherry tomatoes
- 1 pound asparagus
- 1 large banana
- 1 bunch flat-leaf parsley
- 1 bunch scallions
- 1 bunch cilantro
- 1 (0.75-oz.) container dill
- 1 (0.75-oz.) container basil
- 1 (0.75-oz.) container chives
- peppers

Dairy, Milk & Eggs

- 1 (5.3-oz.) container unsweetened plain yogurt (vegan or dairy)
- 2 (5.3-oz.) containers low-fat plain yogurt
- 1 pint reduced-fat milk
- 1 (5-oz.) tub grated Parmesan cheese
- 1 (8-oz.) bag shredded sharp Cheddar cheese
- 1 stick butter
- 1 stick unsalted butter
- 1 large egg

Meat, Poultry & Seafood

- 2 pounds boneless, skinless chicken breast
- 1¼ pounds sustainable wild or farmed salmon
- 1½ pounds thin-cut bone-in pork chops
- 1½ pounds jumbo peeled, deveined raw shrimp (8-12 count)