### Pantry Staples
- Salt
- Pepper
- Kosher salt
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Dijon mustard
- Hot sauce
- Crushed red pepper
- Chili powder
- Garlic powder
- Honey or agave syrup
- Light brown sugar
- Superfine sugar or granulated sugar
- All-purpose flour
- White whole-wheat flour
- Baking powder
- Baking soda

### Grocery
- 1 (1-lb.) box brown rice linguine or fettuccine pasta
- 1 (6.5-oz.) bag chopped pecans
- 1 (8-ct.) 6-in. corn tortillas
- 1 (16-oz.) jar pineapple salsa
- 1 (15-oz.) can white beans
- 1 (14-oz.) can artichoke hearts
- 1 lb. pizza dough, preferably whole-wheat
- 1 (375-mL) bottle white rum
- 1 (1-L) bottle club soda

### Produce
- 2 heads garlic
- 3 lemons
- 2 limes
- 1 small shallot
- 2 medium red bell peppers

### Frozen
- 1 (16-oz.) bag frozen green peas
- 1 (16-oz.) bag frozen corn
- 1 (16-oz.) bag frozen blueberries

### Dairy, Milk & Eggs
- 1 (½-gal.) whole milk
- 1 (8-oz.) bottle low-fat buttermilk
- 1 (5-oz.) tub finely grated Parmesan cheese
- 1 (8-oz.) bag part-skim shredded mozzarella cheese
- 1 (8-oz.) block reduced-fat cream cheese
- 2 large eggs

### Meat, Poultry & Seafood
- 12 oz. medium shrimp
- 1 lb. chicken cutlets
- 1 (1-oz.) salmon fillet
- 1 oz. very thinly sliced prosciutto