

# THE PREP

May 9th - May 15th, 2020 Shopping List

## 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

- 1 medium tomato
- 1 (10-oz.) box mixed salad greens
- 1 (5-oz.) box mixed salad greens
- 1 (5-oz.) box spinach
- 1 (5-oz.) box arugula
- 1 (9-oz.) package coleslaw mix
- 1 medium cucumber
- 1 pint cherry tomatoes
- 1 medium avocado
- 4 large portobello mushrooms (about 14 ounces)
- 1 bunch mint
- 1 bunch flat-leaf parsley
- 1 bunch basil
- 1 bunch scallions
- 1 (0.75-oz.) container cilantro

## 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-lb.) salmon fillet
- 1 oz. very thinly sliced prosciutto