

THE PREP

May 16th – May 22nd, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Crushed red pepper
- Ground cinnamon
- Vanilla extract
- Granulated sugar
- Brown sugar
- Baking powder

Grocery

- 1 (16-in.) whole-wheat baguette
- 1 half-loaf crusty whole-grain bread
- 1 (10-oz.) box whole-wheat couscous
- 1 (16-oz.) box whole-wheat spaghetti
- 1 (16-oz.) box whole-wheat penne
- 2 (5-oz.) cans unsalted tuna
- 1 (8-oz.) tub fresh pesto
- 1 (4.5-oz.) jar capers
- 1 (10-oz.) jar Castelvetrano olives
- 1 (16-oz.) jar roasted red peppers
- 1 (18-oz.) container rolled oats
- 1 (8-oz.) package chopped pecans
- 1 (15-oz.) can full-fat coconut milk
- 1 (750-mL) bottle white wine

Produce

- 1 head garlic
- 4 lemons
- 2 medium tomatoes
- 4 medium russet potatoes
- 1 (10-oz.) container baby spinach
- 20 ounces fresh spinach
- 2 (16-oz.) containers mixed mushrooms
- 1 bunch stem-on cherry tomatoes or 1 pint cherry tomatoes
- 2 ripe bananas
- 1 bunch basil
- 1 bunch parsley
- 1 (0.75-oz.) container dill

Dairy, Milk & Eggs

- 6 large eggs
- ½ pint heavy cream
- 1 (4-oz.) log soft goat cheese
- 1 (5-oz.) tub crumbled feta cheese
- ½ gallon low-fat milk

Meat, Poultry & Seafood

- 1 whole wild salmon fillet (about 1½ lbs.)
- 1 (8-oz.) package crumbled cooked bacon
- 4 chicken cutlets (4-5 oz. each)