

THE PREP

May 30th – June 5th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Peanut oil
- Granulated sugar
- Chili powder
- Ground cumin
- Dried oregano
- Chili powder
- Red-wine vinegar

Grocery

- 2 (8-oz.) packages cooked brown rice
- 1 (1-lb.) bag short-grain brown rice
- 1 (1-lb.) bag whole-wheat penne pasta
- 1 (1-lb.) box rotini
- 1 (15-oz.) can low-sodium cannellini beans
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (14-oz.) can light coconut milk
- 1 (8-oz.) jar Thai sweet chili sauce
- 1 (8-oz.) tub white miso
- 1 (8-oz.) bag chopped walnuts
- 1 (2-oz.) bag pine nuts
- 1 (32-oz.) container unsweetened vanilla almond milk or soymilk
- 1 (350-mL) bottle light rum

Produce

- 3 lemons
- 6 limes
- 1 head garlic
- 1 medium red onion
- 1 small onion
- 1 pound baby Yukon Gold potatoes
- 1 large mango
- 12 ounces asparagus

- 3 portobello mushroom caps
- 8 ears corn
- 2 medium bell peppers
- 1 medium red bell pepper
- 1 medium yellow summer squash
- 1 (16-oz.) container zucchini “noodles”
- 1 (5-oz.) container baby spinach
- 2 pints cherry tomatoes
- 4 medium plum tomatoes
- 2 medium bananas
- 1 (5-oz.) tub fresh pico de gallo
- 1 (5-oz.) tub basil pesto
- 1 bunch parsley
- 2 bunches basil
- 1 bunch scallions
- 1 bunch cilantro

Frozen Foods

- 1 (16-oz.) bag frozen corn
- 2 (10-oz.) packages steamable frozen spring vegetables
- 1 (16-oz.) bag unsweetened frozen berries

Dairy, Milk & Eggs

- 1 stick butter
- 1 (8-oz.) package shredded whole-milk mozzarella cheese
- 1 (8-oz.) package shredded Mexican cheese blend
- 1 (5-oz.) tub grated Parmesan cheese

Meat, Poultry & Seafood

- 1¼ pounds salmon fillet
- 1 pound boneless, skinless chicken breast
- 8 (4-oz.) chicken cutlets
- 1 pound lean ground beef