Pantry Staples
Salt
Kosher salt
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 whole-wheat penne pasta
1 (15-oz.) can low-sodium cannellini beans
1 (10-oz.) can no-salt-added chickpeas
1 (8-oz.) jar Thai sweet chili sauce
1 (8-oz.) tub white miso
1 (8-oz.) bag chopped walnuts
1 (2-oz.) bag pita chips
1 (12-oz.) container unsweetened vanilla almond milk or soy milk
1 (395mL) bottle light rum

Produce
5 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 (15-oz.) container zucchini "noodles"
2 pints cherry tomatoes
6 medium plum tomatoes
2 medium bananas
1 (15-oz.) tub fresh pico de gallo
1 (15-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 unweetned 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