

THE PREP

June 6th – June 12th, 2020 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Toasted sesame oil
- Shao Hsing rice wine or dry sherry
- Reduced-sodium soy sauce
- Italian seasoning
- Crushed red pepper
- Chili powder
- Salt-free Cajun spice blend
- 1 dried red chile
- Whole-wheat flour
- All-purpose flour
- Ground cinnamon
- Baking powder
- Baking soda
- Honey
- Sugar
- Vanilla extract

Grocery

- 1 (8-oz.) container dry whole-wheat breadcrumbs
- 1 (28-oz.) can crushed tomatoes
- 1 (28-oz.) can diced tomatoes
- 1 (14-oz.) can diced tomatoes
- 1 (1-lb.) box whole-wheat spaghetti
- 1 (1-lb.) box whole-wheat elbow noodles, rotini or fusilli
- 1 (32-oz.) carton low-sodium chicken broth or “no-chicken” broth
- 1 (15-oz.) can low-sodium chicken broth or “no-chicken” broth
- 1 (15-oz.) can low-sodium beef broth
- 1 (15-oz.) can low-sodium kidney beans or chili beans
- 1 (6-oz.) jar pickled jalapeños (optional)
- 1 (16-oz.) jar salsa verde
- 1 (8-ct.) package corn tortillas
- 1 (13-oz.) package tortilla chips
- 1 (8-oz.) box raisins
- 1 (17-oz.) jar apple butter
- 1 (2-oz.) bag finely chopped walnuts or pecans
- 1 (12-oz.) jar toasted wheat germ
- 1 (5-oz.) container prepared pico de gallo
- 1 (750-mL) bottle dry red wine
- 1 (375-mL) bottle vodka or gin

Produce

- 2 heads garlic
- 2 medium onions
- 1 large onion
- 1 medium red onion
- 2 limes
- 1 medium red chile (optional)
- 1 medium jalapeño (optional)
- 2 medium poblano peppers and/or green bell peppers
- 1 medium green bell pepper
- 1 (5-oz.) package baby spinach
- 1 head iceberg lettuce
- 2 medium avocados
- 1 bunch celery
- 4 medium carrots
- 1 medium apple
- 6 grapefruits
- 1 (2-in.) piece fresh ginger
- 1 (2-in.) piece lemongrass
- 1 (0.75-oz.) container oregano
- 1 bunch parsley
- 2 bunches scallions
- 2 bunches cilantro

Frozen Foods

- 1 (20- to 24-oz.) package frozen potstickers or dumplings
- 1 (16-oz.) bag frozen shelled edamame

Dairy, Milk & Eggs

- 5 large eggs
- 1 (8-oz.) package cup sour cream
- 1 (8-oz.) package shredded sharp Cheddar cheese
- 1 (8-oz.) package shredded Mexican blend or Cheddar cheese
- 1 (5-oz.) container grated Parmigiano-Reggiano cheese

Meat, Poultry & Seafood

- 2 pounds lean (90% or leaner) ground beef
- 8 ounces ground pork or Italian pork sausage
- 1 pound large raw shrimp (16-20 count)