

# THE PREP

June 20th - June 26th, 2020 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Sherry vinegar
- White balsamic vinegar
- Red-wine vinegar
- Honey
- Dijon mustard
- Mayonnaise
- Ground cumin
- Garlic powder

## Grocery

- 1 (2.5-oz.) package toasted pine nuts
- 1 (11-oz.) bag baked tortilla chips
- 1 (6-oz.) jar roasted red peppers
- 2 (15-oz.) cans no-salt-added canned black beans
- 1 (15-oz.) can low-sodium cannellini beans
- 1 (16-in.) whole-wheat baguette
- 1 (8-oz.) package unsalted hazelnuts
- 1 (8-ct.) package 8-inch whole-wheat tortillas
- 1 (52-oz.) bottle orange juice or tangerine juice (fresh or refrigerated, not from concentrate)
- 1 (32-oz.) carton unsweetened vanilla coconut milk
- Vodka, vanilla vodka, orange vodka, vanilla rum or white rum (optional)

## Produce

- 2 medium shallots
- 1 head garlic
- 1 lemon
- 3 limes
- 1 (8-oz.) tub fresh pesto pesto
- 2 (10-oz.) containers mixed greens

- 1 (10-oz.) container arugula
- 1 (5-oz.) container baby spinach
- 4 pints cherry or grape tomatoes
- 1 medium tomato
- 2 large carrots
- 1 large bunch kale
- 1 small head red cabbage
- 1 head celery
- 6 avocados
- 1 (24-oz.) bag miniature bell peppers
- 1 large yellow bell pepper
- 1 small jalapeño pepper
- 1 medium cucumber
- 1 small cantaloupe
- 4 chocolate-dipped strawberries
- 1 medium orange
- 1 medium mango
- 1 bunch basil
- 1 bunch scallions
- 1 bunch parsley
- 1 bunch cilantro
- 1 (0.75-oz.) container chives
- 1 (16-oz.) bag frozen mango chunks
- 1 (16-oz.) bag frozen fire-roasted corn

## Dairy, Milk & Eggs

- 1 (32-oz.) carton nonfat plain Greek yogurt
- 2 (16-oz.) package mozzarella pearls
- 1 (8-oz.) block Colby Jack cheese
- 1 (5-oz.) container crumbled reduced-fat feta cheese
- 6 large eggs

## Meat, Poultry & Seafood

- 2 cooked chicken breasts (from the deli section)
- 2 (5-oz.) cans salmon
- 6 thin slices prosciutto