

THE PREP

February 6th - 12th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Grapeseed oil or coconut oil
- Reduced-sodium tamari or soy sauce
- Hot sauce (such as Frank's RedHot)
- Sriracha
- Sugar
- Honey
- Cornstarch
- Garlic powder
- Cayenne pepper
- Crushed red pepper
- Chipotle chile powder
- Oregano
- Garlic powder
- Ground cumin
- Ground turmeric
- Paprika

Grocery

- 2 (8-ct.) packages 6-in. corn tortillas
- 1 (8.8-oz.) package thin rice noodles
- 1 (24 ounce) package frozen or refrigerated cheese ravioli
- ½ loaf whole-wheat country bread
- 1 (7-oz.) tub fresh pesto
- 1 (8-oz.) tub fresh pico de gallo
- 1 (16-oz.) jar salsa verde
- 1 (28-oz.) can no-salt-added crushed tomatoes
- 1 (8-oz.) jar cup chili-bean sauce or chile-garlic sauce
- 1 (16-oz.) container unsalted raw peanuts
- 1 (32-oz.) carton unsalted chicken broth
- 1 (15-oz.) can light coconut milk
- 1 (10-oz.) bag bitter-sweet chocolate pieces
- 1 (8-oz.) can unsweetened cocoa powder
- 1 (375-mL) bottle bourbon

Produce

- 1 head garlic
- 2 medium shallots
- 1 medium red onion
- 2 medium yellow onions
- 2 3-inch pieces ginger
- 1 large butternut squash or 2 (14-oz.) packages cubed butternut squash
- 1 serrano chile
- 1 medium red bell pepper
- 1 (16-oz.) pkg. zucchini noodles
- 1 medium zucchini
- 1 medium yellow squash
- 1 medium plum tomato
- 1 head bok choy
- 2 medium heads cauliflower
- 1 small head red cabbage
- 1 small apple
- 1 avocado
- 3 limes
- 1 lemon
- 1 bunch scallions
- 1 bunch fresh cilantro
- 1 bunch basil
- 1 (0.75-oz.) container parsley

Dairy, Milk & Eggs

- 1 (8-oz.) package shredded Monterey Jack cheese
- 1 (8-oz.) package shredded smoked Gouda or Cheddar cheese
- 1 (8-oz.) package mozzarella balls
- ½ pint heavy cream
- ½ gallon fat-free milk
- 1 stick butter

Meat, Poultry & Seafood

- 1 rotisserie chicken
- 1 lb. ground pork
- 1 lb. ground lean beef
- 1 lb. chicken cutlets
- 1 lb. peeled, deveined large shrimp