

THE PREP

February 13th - February 19th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Dijon mustard
- Mayonnaise
- Granulated sugar
- Confectioners' sugar
- Honey
- Vanilla extract
- White whole-wheat flour
- Baking powder
- Garlic powder
- Onion powder
- Everything bagel seasoning
- Ground cumin
- Dried thyme
- Smoked paprika

Grocery

- 1 loaf whole-wheat bread
- 1 (32-oz.) container whole-wheat couscous
- 1 (32-oz.) container whole-wheat orzo
- 2 (8-oz.) packages cooked brown rice
- 1 (32-oz.) container plus 1 (15-oz.) can low-sodium chicken broth
- 2 (15-oz.) cans no-salt-added cannellini beans
- 1 (15-oz.) can coconut milk
- 1 (4-oz.) container yellow, red or green curry paste
- 1 (750-mL.) bottle (or smaller) elderflower liqueur
- 1 (750-mL.) bottle Champagne or prosecco

Produce

- 1 bunch kale
- 1 (5-oz.) container baby spinach
- 1 (5-oz.) container mixed greens
- 1 (12-oz.) package broccoli florets
- 2 mediums tomatoes
- 1 medium cucumber
- 1 pint cherry tomatoes
- 1 pint sliced mushrooms
- 1 lb. eggplant
- 1 medium avocado
- 1 pint fresh blueberries
- 2 lemons
- 1 lime
- 1 (16-oz.) package frozen chopped onion
- 1 bunch scallions
- 1 bunch basil
- 1 (0.75-oz.) package mint

Dairy, Milk & Eggs

- 1 (½-pt.) heavy cream
- 1 (5-oz.) container low-fat plain Greek yogurt
- 1 (16-oz.) container part-skim ricotta cheese
- 1 stick unsalted butter
- 3 large eggs

Meat, Poultry & Seafood

- 1¼ pounds center-cut salmon, cut into 4 portions
- 1 lb. chicken tenders
- 1 (12-oz.) package kielbasa
- 1¼ lbs. cod, cut into 4 portions
- 1 lb. peeled and deveined shrimp (16-20 count)