

# THE PREP

February 20th - 26th, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Curry powder
- Salt-free South-west-style seasoning blend
- Whole-wheat flour
- All-purpose flour
- Granulated sugar
- Ground cinnamon
- Baking powder
- Baking soda
- Vanilla extract

## Grocery

- 1 (1-lb.) bag egg noodles
- 1 (15-oz.) can spicy refried beans
- 1 (16-oz.) jar salsa
- 1 (10-oz.) can red enchilada sauce
- 1 (8-oz.) bottle balsamic glaze
- 1 (32-oz.) carton low-sodium butternut squash soup
- 1 (15-oz.) can no-salt-added black beans
- 1 (8-oz.) container raisins
- 1 (17-oz.) jar apple butter
- 1 (2-oz.) bag chopped walnuts
- 1 (2-oz.) bag pepitas
- 1 (12-oz.) jar wheat germ
- 1 (750-mL.) bottle vodka
- 1 (750-mL.) bottle wine
- 1 (750-mL.) bottle coffee liqueur

- 2 (10-oz.) packages frozen cauliflower gnocchi
- Coffee or espresso

## Produce

- 1 head Savoy cabbage
- 1 (10-oz.) package cherry or grape tomatoes
- 1 (12-oz.) package sliced fajita vegetables (bell peppers and onions)
- 2 (8-oz.) package mixed mushrooms
- 4 russet potatoes
- 1 medium avocado
- 4 medium carrots
- 1 medium apple
- 1 bunch basil
- 1 (0.75-oz.) container cilantro
- 1 (0.75-oz.) container parsley

## Dairy, Milk & Eggs

- 1 (8-oz.) package shredded Monterey Jack, Cheddar or Colby-Jack
- 1 (8-oz.) package shredded Cheddar cheese
- 1 (8-oz.) container small mozzarella balls
- 1 (8-oz.) package halloumi cheese
- 1 (½-pint) heavy cream
- 3 large egg

## Meat, Poultry & Seafood

- 4 chicken cutlets
- 1 rotisserie cooked chicken
- 1 (12-oz.) package lower-sodium bacon