

THE PREP

March 27th - April 2nd, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Dijon mustard
- Honey or agave syrup
- All-purpose flour
- White whole-wheat flour
- Granulated sugar
- Light brown sugar
- Cornstarch
- Cayenne pepper
- Garlic powder
- Dried oregano
- Baking powder
- Baking soda
- Vanilla extract

Grocery

- 1 (16-in.) whole-wheat baguette
- 1 (2-oz.) package sesame seeds
- 1 (8-oz.) jar pitted Kalamata olives
- 1 (10-oz.) jar roasted red peppers
- 1 (8-oz.) container fine dry breadcrumbs
- 1 (8-oz.) package cooked brown rice
- 1 (8-oz.) package cooked quinoa
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (32-oz.) container low-sodium chicken broth
- 1 (8-oz.) container tzatziki
- 2 (10-oz.) packages steamable frozen spring vegetables
- 1 (10-oz.) package frozen spinach
- 1 (15-oz.) package frozen blueberries
- 1 (1-liter) bottle seltzer
- 1 (500-ml) bottle vodka

Produce

- 1 head garlic
- 2 medium shallots
- 1 medium yellow onion
- 2 medium leeks
- 1 (10-oz.) container arugula
- 2 (10-oz.) containers baby spinach
- 1 medium cucumber
- 1 pint cherry tomatoes
- 2 medium red bell peppers
- 1 bunch celery
- 2 bunches asparagus
- 4 lemons
- 1 bunch basil
- 1 bunch parsley
- 1 (0.75-oz.) container dill
- 1 (0.75-oz.) container mint
- 1 (0.75-oz.) container rosemary
- 1 pint fresh blackberries

Dairy, Milk & Eggs

- 1 (12-oz.) container crumbled feta cheese
- 1 (15-oz.) container part skim-ricotta cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) package shredded part-skim low-moisture mozzarella cheese
- 1 (8-oz.) container buttermilk
- 3 large eggs
- 1 stick butter

Meat, Poultry & Seafood

- 4 (8-oz.) boneless, skinless chicken breasts
- 1 lb. center-cut salmon fillet, preferably wild
- 1 lb. dry sea scallops or large bay scallops
- 1 lb. chicken tenders
- 1 lb. 93%-lean ground turkey