

THE PREP

April 3rd - 9th, 2021 Shopping List

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Dijon mustard
- Brown sugar
- Baking powder
- Crushed red pepper
- Ground cinnamon
- Vanilla extract

Grocery

- 1 (5-oz.) container basil pesto
- 1 (8-oz.) jar oil-packed sun-dried tomatoes
- 1 (15-oz.) can low-sodium vegetable broth
- 1 (8-oz.) package cooked brown rice
- 1 (16-oz.) box whole-wheat rotini pasta
- 1 (10-oz.) box whole-wheat couscous
- 1 (18-oz.) container oats
- 1 (8-oz.) container panko breadcrumbs
- 1 (4-oz.) container pine nuts
- 1 (6-oz.) bag chopped pecans
- 1 (10-oz.) bag frozen cauliflower gnocchi
- 1 (1-L) bottle soda water
- 1 (750-mL) bottle gin
- 1 (750-mL) bottle dry white wine

Produce

- 2 heads garlic
- 3 shallots
- 1 medium yellow bell pepper
- 4 medium zucchini
- 1 bunch radishes
- 1 bunch asparagus
- 1 (1-lb.) bag spinach
- 1 (10-oz.) container spinach
- 1 (5-oz.) package arugula
- 4 lemons
- 2 ripe bananas
- 1 pint blueberries
- 2 pints blackberries
- 1 (0.75-oz.) container fresh dill
- 1 bunch parsley
- 1 bunch basil

Dairy, Milk & Eggs

- 1 (8-oz.) bottle buttermilk
- 1 pint low-fat milk
- 1 pint heavy cream
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) container crème fraîche or sour cream
- 2 large eggs

Meat, Poultry & Seafood

- 2 ¼ pounds salmon
- 1 pound peeled and deveined shrimp (21-30 count)
- 1 pound boneless, skinless chicken breast
- 1 (11-oz.) package cooked chicken sausage