

# THE PREP

April 17th - 23rd, 2021 Shopping List

## Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Grapeseed oil
- Cider vinegar
- Rice vinegar
- Hot sauce
- Lower-sodium tamari
- Honey
- Granulated sugar
- Cornstarch
- All-purpose flour
- Garlic powder
- Dried oregano
- Ground coriander
- Ground cumin
- Ground turmeric
- Garam masala

## Grocery

- 1 (24-oz.) package frozen or refrigerated cheese ravioli
- 1 (9-oz.) package refrigerated fresh linguine noodles
- 1 (16-oz.) box whole-wheat orzo
- 2 (8-oz.) packages precooked microwaveable brown rice
- 1 (18-oz.) box sweetened oat cereal flakes with raisins
- 1 (18-oz.) container quick-cooking rolled oats
- 1 (8-oz.) package dried apples
- 1 (16-oz.) jar chunky peanut butter
- 1 (16-oz.) bottle light barbecue sauce (such as Annie's Organic)
- 1 (15-oz.) can low-sodium chicken broth
- 2 (28-oz.) cans no-salt-added crushed tomatoes
- 1 (15-oz.) can no-salt-added tomato sauce
- 2 (15-oz.) cans chickpeas

- 1 (2-oz.) package sesame seeds
- 1 (6-oz.) jar pitted Kalamata olives
- 1 (3-oz.) jar capers
- 1 (8-ct.) package corn tortillas
- 2 (10-ounce) bags frozen riced cauliflower
- 1 (10-oz.) package frozen quartered artichoke heart
- 1 (8-oz.) bottle pineapple juice
- 1 (32-oz.) bottle pink or red grapefruit juice
- 1 (750-mL.) bottle gin
- 1 (4-oz.) bottle Angostura bitters (optional)

## Produce

- 1 head garlic
- 1 medium yellow onion
- 1 (3-in.) piece fresh ginger
- 1 medium serrano pepper
- 1 (8-oz.) package sliced mushrooms
- 1 (5-oz.) container baby spinach
- 2 heads broccoli
- 1 head red cabbage
- 1 lemon
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch scallions

## Dairy, Milk & Eggs

- 2 eggs
- 1 stick butter
- ½ pint heavy cream
- 1 (8-oz.) container small fresh mozzarella balls
- 1 (5-oz.) container nonfat plain Greek yogurt

## Meat, Poultry & Seafood

- 1¼ lbs. center-cut salmon
- 1 lb. lean ground beef
- 1 lb., 6 oz. boneless, skinless chicken breasts
- 1 lb. peeled and deveined large shrimp