

THE PREP

April 24th - 30th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Red-wine vinegar
- Canola oil
- Maple syrup
- Vanilla extract
- Italian seasoning
- Paprika
- Ground cumin
- Garlic powder
- Chipotle chile powder

Grocery

- 1 (5-oz.) tub fresh pesto
- 1 (5-oz.) tub pico de gallo
- 1 (7-oz.) jar roasted red peppers
- 1 (7-oz.) jar pitted Kalamata olives
- 1 (8-oz.) package slivered almonds
- 1 (8-oz.) package cooked quinoa
- 1 (8-oz.) package cooked brown rice
- 1 (15-oz.) can no-salt-added diced tomatoes
- 2 (15-oz.) cans chickpeas
- 1 (15-oz.) can white beans
- 1 (15-oz.) can vegetable broth
- 1 (16-oz.) jar coconut curry simmer sauce
- 2 (8-oz.) packages frozen or refrigerated cheese ravioli
- 1 (8-ct.) package (6-in.) corn tortillas
- 1 (750-mL) bottle dry white wine
- 1 (18-oz.) container rolled oats

- 1 (16-oz.) container peanuts
- 1 (16-oz.) bag salted pretzels
- 1 (16-oz.) bag mini chocolate chips
- 1 (6-oz.) package chia seeds
- 1 (16-oz.) jar natural peanut butter
- 1 (750-mL) bottle vodka
- 1 (12-oz.) can seltzer water
- 1 (16-oz.) bag frozen mixed berries

Produce

- 1 head garlic
- 2 medium onions
- 1 medium red onion
- 2 medium zucchinis
- 1 medium cucumber
- 1 medium head red cabbage
- 1 medium bell pepper
- 1 pint grape tomatoes
- 1 (10-oz.) package baby spinach
- 1 (5-oz.) package mixed greens
- 2 avocados
- 1 lime
- 1 bunch basil
- 1 (0.75-oz.) package parsley
- 1 (0.75-oz.) package cilantro

Dairy, Milk & Eggs

- 1 (5-oz.) container crumbled feta cheese
- 1 (8-oz.) package cream cheese

Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. peeled, deveined large shrimp