

THE PREP

May 1st - 7th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Curry powder
- Salt-free Southwest-style seasoning blend
- Granulated sugar
- Light brown sugar
- Ground cinnamon
- Baking powder
- Baking soda
- Vanilla extract

Grocery

- 1 (1-lb.) bag egg noodles
- 1 (18-oz.) container quick-cooking oats
- 1 (15-oz.) can spicy refried beans
- 1 (16-oz.) jar salsa
- 1 (16-oz.) jar creamy natural peanut butter
- 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 (2-oz.) bag pepitas
- 1 (8-oz.) package chopped toasted pecans
- 1 (750-mL.) bottle wine
- 2 (10-oz.) packages frozen cauliflower gnocchi
- 1 (16-oz.) bag semisweet chocolate chips
- 1 (16-oz.) bag candy-coated milk chocolate pieces

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
- 2 medium bananas
- 1 pint blueberries
- 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
- 1 (8-oz.) bottle low-fat milk
- 2 large eggs
- 2 sticks unsalted butter

Meat, Poultry & Seafood

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