

THE PREP

May 8th - 14th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Sesame oil
- Worcestershire sauce
- Reduced-sodium soy sauce or tamari
- Rice vinegar
- Low-fat mayonnaise
- Italian seasoning
- Garlic powder
- Ground cumin
- Onion powder
- Chili powder, preferably made with New Mexico or ancho chiles
- Crushed red pepper
- Granulated sugar

Grocery

- 1 (16-oz.) box whole-wheat rotini
- 1 (16-oz.) box whole-wheat orzo
- 1 (14-oz.) can artichoke hearts
- 1 (12-ct.) corn tortillas
- 1 (32-oz.) container low-sodium chicken broth
- 1 (8-oz.) jar seedless blackberry jam or preserves
- 1 (16-oz.) package frozen riced cauliflower
- 1 (750-mL.) bottle tequila
- 1 (750-mL.) bottle orange liqueur (such as triple sec)
- 2 (12-oz.) cans lime-flavored sparkling water

Produce

- 1 medium red onion
- 2 medium onions
- 1 head garlic

- 1 pint cherry tomatoes
- 1 medium zucchini
- 4 medium bell peppers
- 1 medium red bell pepper
- 1 (8-oz.) package mushrooms
- 1 (5-oz.) package baby spinach
- 1 medium head red or green cabbage
- 1 lb. broccolini (or 4 cups broccoli florets)
- 2 medium heads broccoli
- 1 pint blackberries
- 8 limes
- 2 lemons
- 1 bunch cilantro
- 1 bunch basil

Dairy, Milk & Eggs

- 1 (8-oz.) container crumbled feta cheese
- 1 (8-oz.) package reduced-fat cream cheese
- 2 (5-oz.) containers grated Parmesan cheese
- 1 (8-oz.) container reduced-fat sour cream
- 4 slices provolone cheese
- 1 (8-oz.) bottle reduced-fat milk
- 2 large eggs

Meat, Poultry & Seafood

- 1¼ pounds salmon fillet
- 1 lb. large shrimp (31-35 count)
- 2 lbs. mahi-mahi or Pacific halibut, ½-¾ inch thick
- 1 (12-oz.) package cooked chicken sausage, such as Al Fresco Sweet Italian
- 12-oz. top round steak