

THE PREP

May 15th - 21st, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra virgin olive oil
- White balsamic vinegar
- Red-wine vinegar
- Honey
- Mayonnaise
- Dijon mustard

Grocery

- 1 loaf whole-wheat bread
- 1 (16-oz.) box whole-wheat angel hair pasta
- 1 (16-oz.) box whole-wheat penne pasta
- 2 (15-oz.) cans white beans
- 1 (15-oz.) can chickpeas
- 1 (5-oz.) jar capers
- 1 (8-oz.) package cooked quinoa
- 1 (8-oz.) container hummus
- 2 (16-oz.) jars roasted red peppers
- 1 (8-oz.) bottle pineapple juice
- 1 (15-oz.) can coconut milk
- 1 (750-mL.) bottle gin
- 1 (750-mL.) bottle dry white wine

Produce

- 1 small shallot
- 1 head garlic
- 1 (10-oz.) container mixed greens
- 1 (10-oz.) package baby spinach
- 1 (5-oz.) package baby arugula
- 2 medium cucumbers
- 2 pints cherry tomatoes
- 3 avocados
- 2 very ripe bananas
- 1 (16-oz.) package diced fresh pineapple
- 1 firm ripe peach
- 2 lemons
- 1 bunch basil
- 1 bunch parsley
- 1 (0.75-oz.) package tarragon

Dairy, Milk & Eggs

- 1 (7-oz.) wheel Brie cheese
- 1 (8-oz.) container crumbled feta cheese
- 6 slices cheese, such as Cheddar, American and/or Havarti
- 1 stick unsalted butter

Meat, Poultry & Seafood

- 1 lb. chicken cutlets
- 1 lb. dry sea scallops